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Annual state Veterans' Parade draws thousands to Hartford

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65th PCH AND
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103 FW PUBLIC AFFAIRS

The Annual Veterans Day Parade took place Nov. 7 in downtown Hartford. It attracted thousands of participants and spectators. The weather held despite

reports of a chance of rain. The sky was clear and the temperature was mild as crowds formed to honor Connecticut's veterans. Spectators and well wishers lined Trinity and Main Streets, in front of the Connecticut State Capital and under the Soldiers and Sailors Memorial Arch in

Bushnell Park. They were there in support of those who have fought for freedom throughout history and for those who are doing same today. They expected a feast of sights and sounds. They were not disappointed.

The Hartford parade is traditionally the largest state salute to veterans. More than 3,000 people from more than 70 organizations marched in the parade. The Army and Air National Guard, militia units, veterans and municipal organizations were just a few of the groups marching in the parade.

"My favorite part of the parade was the diversity of the people who came out to give their support," said Sgt. Jessica McKenna who marched with the 102nd Army Band. "There were so many diverse organizations marching and so many people of different origins and beliefs that came to see the parade. It's that diversity that makes this country strong." That appreciation reached civilians as well.

"I felt really proud to see all of the diverse groups marching," said Christina Stamos, a Hartford resident and public school teacher who came to the parade with friends. "It is amazing with all of the dissention you hear about in the media between groups of people



Veteran's Day is a time to remember who made the ultimate sacrifice in war and why those sacrifices were made as this young man is learning. (Photo by Spc. Jesse J. Stanley, Jr., 65th PCH)

ESGR shows legislators what being the Guard is all about

Pfc. JOSEPH BROOKS
65th PCH

On November 22 the Connecticut Committee for Employer Support of the Guard and Reserve (ESGR) sponsored a tour of Connecticut National Guard (CTNG) facilities. Twenty-four members of the Connecticut Legislature were given the opportunity to become personally acquainted with the personnel and facilities that make the CTNG function.

The tour kicked off with a continental breakfast and a briefing at the Hartford Armory's Officer's Club by Lt. Col. Mark A. Russo, command administrative officer. The legislators were introduced

to what it means to be a member of the CTNG and responsibilities that come with being a guard member. They were also introduced to the structure of the CTNG and its relevant laws, authorities and missions.

The Hartford Armory was the first facility included in the tour. The legislators were introduced to some of the personnel and specialized areas of the building that help the CTNG complete their state and federal mission. The legislators were able to interact firsthand with some of the advanced technology that Connecticut guardsmen have at their disposal.

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First Homeland Security Secretary resigns

SAMANTHA L. QUIGLEY
AMERICAN FORCES PRESS SERVICE

Secretary of Homeland Security Tom Ridge formally announced his resignation Nov. 30.

"Earlier today, I submitted a formal letter of resignation to the president.

And with his concurrence, it is my desire to continue to

serve as secretary of homeland security through February first of next year unless my successor is confirmed by the Senate earlier," Ridge said in a news conference.

Ridge was sworn in as the first director of the White House's Office of Homeland Security in October 2001. As such, the president charged him with conceiving and implementing a national strategy to defend the country against terrorist threats and attacks.

On Jan. 24, 2003, almost a year to the day after an Act of Congress formally created the Department of Homeland Security, Ridge became the first secretary of Homeland Security.

He merged some 22 federal agencies, including the Coast Guard, into the new department on March 1, 2003.

Ridge said that leaving the post was not easy.

"The president has given me an extraordinary opportunity to serve my country in this incredible period since Sept. 11, 2001," he said. "I will always be grateful for his call to service. I will always be grateful for the opportunity to serve my country with this president as its leader."


Ridge, who said he started seriously considering resigning after the presidential election, is going to take some time before making any career moves.

"I'm just going to step back after 22-plus years in public service in a row. I'm going to sit back a little bit, breathe deeply and then decide."



James Fazzalaro of the Public Safety Committee gets a closer look at an A-10 at the 103rd Fighter Wing. (Photo by Pfc. Joseph Brooks, 65th PCH)

Up Front with the Adjutant General



STATE OF CONNECTICUT
EXECUTIVE CHAMBERS

M. JODI RELL
GOVERNOR

December 2004

Dear Members and Families of the Connecticut Military Department:


I am so proud of the outstanding men and women who serve in our National Guard. You represent the finest traditions of our state and bring to life our nation's commitment to freedom. You are, without doubt, the new "greatest generation."

As this Holiday Season approaches, my thoughts turn to all of you who serve, as well as your families. You are all making tremendous sacrifices to help preserve the security of our nation. Many blessings our citizens enjoy today are the direct result of your personal efforts in defending our homeland.

There are 500 men and women from the Connecticut National Guard now on active duty overseas or who will soon be deployed. In every case there are family members left behind, doing their best to carry on in the absence of a loved one. I know everyone in Connecticut appreciates the selfless dedication of our state's Soldiers and Airmen and the determination of their families to support them.

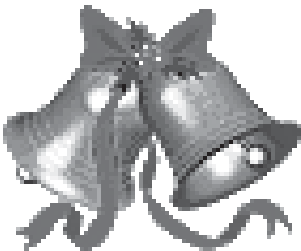
On behalf of my family and the entire state of Connecticut, I thank you for your service and wish you a happy, healthy and safe Holiday Season and a prosperous New Year.


Sincerely,



M. Jodi Rell
Governor

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December 2004

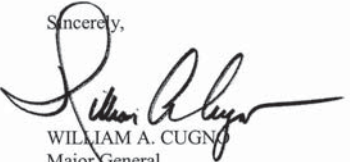
To the members and families of the Connecticut Military Department:

As American families come together to celebrate this holiday season, welcome in the New Year, and treasure the joys of life and family, let us remember that they are able to do so as the result of your sacrifice and hard work.

Men and women of today's National Guard willingly continue to shoulder the heavy burden of protecting our nation's freedom. Our nation called and Connecticut sent its best. Many of you will remain on duty throughout the holidays in the United States and abroad conducting operations and guarding our freedom. Your dedication and personal sacrifice continue to preserve liberty and uphold the legacy of our forefathers. Each and every day, you symbolize the true meaning of the citizen-soldier.

Carolyn and I wish you a blessed, rewarding and safe holiday season. May the New Year bring you joy and happiness.

Sincerely,



WILLIAM A. CUGNO
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Legislators get an inside look at the National Guard

From Page 1

At the Community Learning Information Network (CLIN) they were able to interact through video teleconference (VTC) with a corresponding CLIN at Camp Rell. They also toured the Office of Emergency Management (OEM) and the historical wing.

The tour then took the legislators to the Starbase at Brainard Airfield. At the Starbase facility the legislators got to see firsthand just one of the many programs sponsored by the CTNG to give back to the surrounding communities.

The Starbase program teaches area fifth graders the importance of an education in science. The legislators were treated to a demonstration of the flight simulator programs, computers and activities used by the instructors, who are also members of the CTNG, to teach children the value of science.

The tour continued with a flight aboard a CH-47 "Chinook" cargo helicopter to the 103rd Fighter Wing at the Air National Guard facilities. The legislators were briefed by Col. Daniel Peabody, commander 103rd Fighter Wing, on the mission of the fighter wing and the Air National Guard before they were shown the facilities. Maj. Dave Torres gave the legislators a tour of the support facilities and a demonstration of the A-10 flight simulator before seeing an A-10 up close.

The next stop on the ESGR tour was Camp Rell in Niantic, Connecticut. The tour of Camp Rell included a driving tour of the facilities as well as an in depth tour of the new Nett Hall and the Firearms Training Site (FATS) building.

The legislators toured the Net Hall building before having lunch with Maj. Gen. William A. Cugno, Brigadier Gen. I.J. Zembruski and Command Sgt. Maj. Raymond P. Zastaury.

Cugno personally welcomed the legislators and briefed them on the current state of the CTNG and what the future holds.

Cugno introduced his plans for what he has called "Fort Connecticut." He introduced his plans for a more centralized and more efficient CTNG as well as some of the future construction projects and renovations that are planned for the current facilities.

The last stop on the ESGR tour was the Connecticut Army National Guard's Aviation Classification Repair Activity Depot (AVCRAD). The AVCRAD tour was lead by Lt. Col. William P. Shea, 1109th AVCRAD. The AVCRAD facility is one of only four in the United States and services Army aircraft for 14 states. The legislators were shown what it takes to maintain and repair Army aircraft and featured a view of a "stripped down" CH-47 helicopter, the same type of aircraft they had flown in.

The tour returned to the Hartford Armory where the members of the Connecticut Legislature received their final briefing.

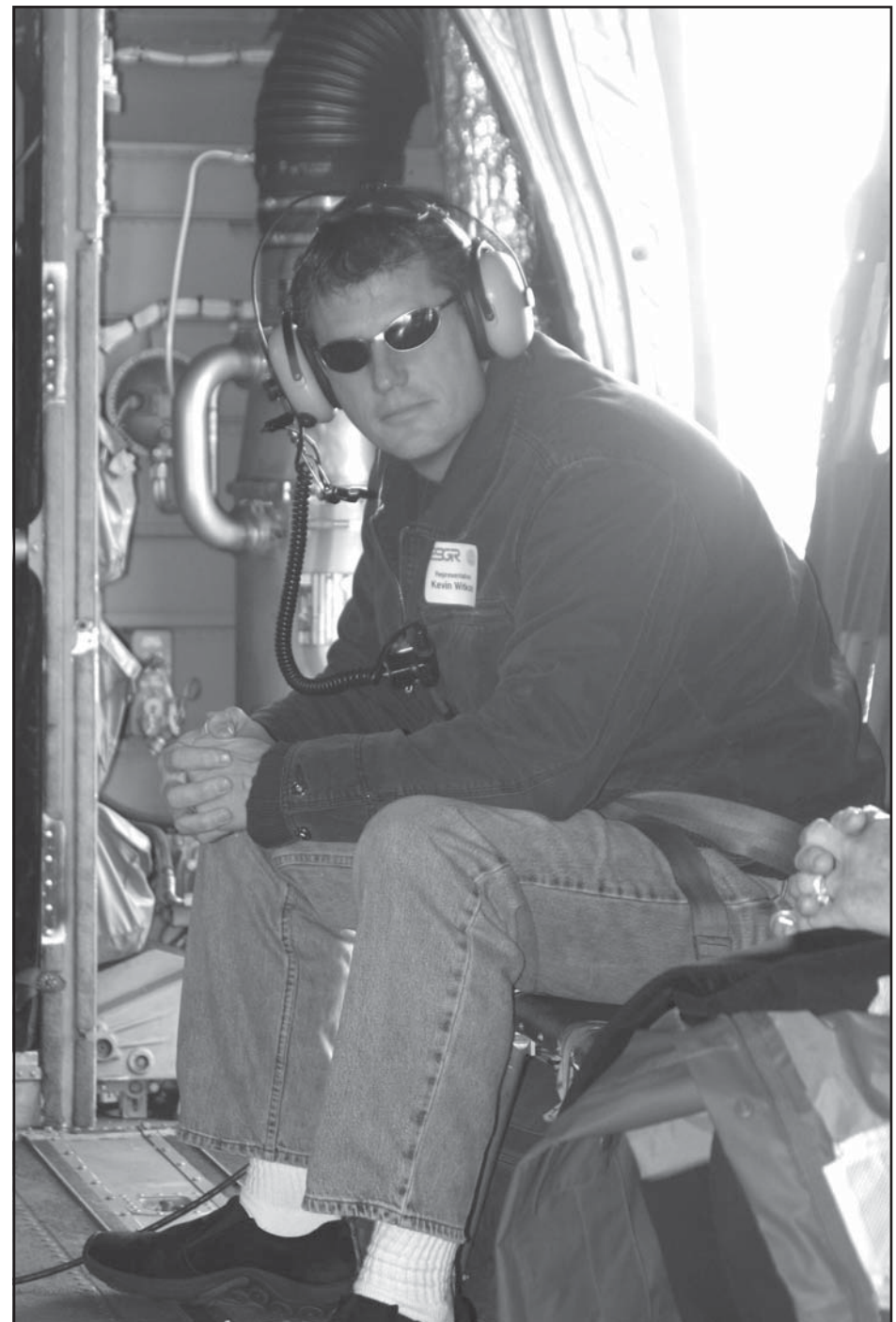
The legislators had only positive responses when they were asked about their experience on the tour.

"It was terrific," said Rep. Ruth Farbach of the 61st Legislative District representing Suffield, Windsor and East Granby. "It was great to actually see all the different aspects of the guard and all the things they do to protect the country."

For many of the legislators, including Farbach, it was the first time they had seen the mechanics behind running the CTNG.

"It would be worthwhile for others to see what the members of the guard do while they are on duty," Farbach said.

The legislators will be considering 12 pieces of legislation that concern the CTNG during their next legislative session. These



Rep. Kevin Witkos rides in a CH-47 "Chinook" cargo helicopter to Camp Rell. (Photo by Pfc. Joseph Brooks, 65th PCH)

pieces of legislation include recruiting incentives, revisions to the Connecticut General Statutes concerning the CTNG and improvements to benefits for current Soldiers and Airmen as well as benefits for veterans.

"It's just one more thing for Connecticut

to be proud of," said Rep. Kevin Witkos of the 17th Legislative District representing Canton and Avon. "This was a rewarding and educational experience. I just wish everyone in the legislature had taken the opportunity to come."



Rep. "Buddy" Altobello and legislative aid Mary Grace Calafiore look at a rebuilt CH-47 "Chinook" cargo helicopter at AVCRAD. (Photo by Pfc. Joseph Brooks, 65th PCH)



Members of the state legislature tour get acquainted with the Army aircraft at the AVCRAD facility. (Photo by Pfc. Joseph Brooks, 65th PCH)

Vietnam vets then, Guardsmen recall

STAFF SGT. STEVE MARKOWSKI
65th PCH

As a young Marine officer Carl Bourne was trying to help recruit University of Connecticut students into the USMC. Some UConn students responded by spitting at him and throwing ink on his dress uniform, Bourne said about his experience on the Storrs campus.

While returning to the states on leave, Tom Barclay felt a need to change into civilian clothes as soon as he returned through a civilian airport in California.

"I remember I dumped my uniform into a trash can. I didn't want to be immediately recognized as a military person," Barclay said. "I couldn't wait to get out of (the civilian airport).

As the saying goes, that was then.

Bourne was the target of spitting and ink throwing in 1973. As a lieutenant he paid for his uniforms, so the ink was not a welcome alteration, especially considering the low



Sgt. Robert Cavin, shown here in Baghdad, says the homecomings from Vietnam and Iraq were very different. "When I returned in 1975, all I had waiting for me was my wife."

pay of the early 1970s. He said he was also called a "baby killer" – right in his own home state.

It was in 1969 that Barclay felt the need to hide his military identity by disposing of his uniform, after returning to the states from a tour with the Army, fighting the Vietnam War in Southeast Asia.

This is now.

"It's totally different," Staff Sgt. Barclay said, referring to the atmosphere that he and his fellow members of the Connecticut Army National Guard have experienced returning from Southwest Asia fighting in the Global War on Terror. He is now a member of the 1109th Aviation Classification Repair Activity Depot. "When I came home on R & R in December (2003), my family welcomed me with signs, there were people cheering."

Connecticut National Guard members returning from service in the GWOT are receiving a much different type of reception compared to that received by veterans returning home during the time of the Vietnam War, according to those who have experienced both.

For example, while returning home on leave in his desert uniform, Bourne, now a staff sergeant with the 248th Engineer Company, was greeted in airports with handshakes and expressions of gratitude, rather than ink and derogatory names.

Barclay volunteered for the Army right after high school and became a helicopter mechanic, knowing that he would likely be headed for Vietnam. When he returned from his first tour in Southeast Asia, he did not experience a friendly homecoming in Marquette, Michigan.

While people in his hometown did not physically torment Barclay while he spent 30 days of leave there in 1969, his unplanned reunion with fellow graduates of the Class of 1968 was not a happy one.

"I remember getting into a lot of arguments. I couldn't even talk to those people (former schoolmates)," Barclay said, adding that opposition to his service in Vietnam went beyond friends.

"Even with my family... my dad thought I was really dumb for going back (for a second tour in Vietnam). My older brother tried to get me to go to Canada," said Barclay, laughing as he recalled the irony. His brother, at that time a 24-year old Air Force veteran, was in college – using the G.I. Bill to help pay for his education.

Barclay is one of several current Connecticut Army National Guard members

who have experienced a huge contrast in homecomings from two different wars in two different eras.

"It's a 99 percent difference – the people, the greeting," said Sgt. Robert Cavin, 52, who served in Vietnam with the Navy and recently returned from the GWOT with his National Guard unit, the 143rd Military Police Company. "When I returned in 1975 (from Southeast Asia) all I had waiting for me was my wife.

"This time it was unbelievable. I never saw people so dedicated to their country and their soldiers. It was overwhelming," Cavin said, adding that he saw no flag waving when he returned in 1975. "There was no one really interested. We just came back."

Cavin said that although U.S. involvement in Vietnam officially ended in 1974, he and his fellow sailors were very active in the region beyond the U.S. pullout. For that reason, he extended beyond his initial enlistment, finishing with the Navy in 1975.

Master Sgt. Marc Youngquist, 53, operations sergeant for the 143rd MP Co., served as a Marine in Vietnam. He recalls his earlier homecoming as uneventful.

"For me, coming back wasn't all that bad. I wore my uniform all over the place," Youngquist said. He feels that his more recent homecoming was much different largely because he and his fellow Soldiers returned as a unit.

"(Returning from Vietnam) we came home as individuals – it was just family and

friends," Youngquist said. "You were a replacement. You went over by yourself. You came back by yourself."

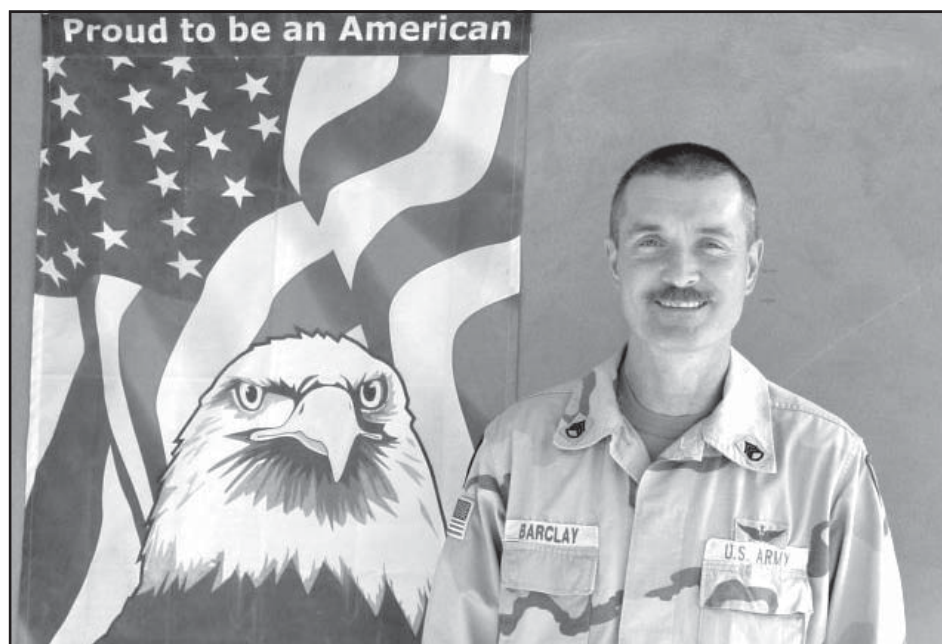
"The concept as an individual replacement was not a good one," Youngquist said of the policy during the lengthy Vietnam War. "There was no unit cohesion. You didn't associate with people throughout the battery."

"The reception home (in 2004) was light years ahead of 1971. But, we came home as a unit this time," Youngquist said.

One contrast that Youngquist and his fellow NCOs are more than eager to point out between the Vietnam era and the era of the Global War on Terror is the quality of our armed forces.

"These kids are head and shoulders above what we had in Vietnam – the intelligence, the moral standards, the commitment of the troops," Youngquist said, adding that the National Guard troops are better than the best of the best from the Vietnam era. "These kids have no idea how good they are."

Bourne, originally a Marine Reservist, accepted a commission and began an active duty tour in 1972 with the USMC. He did not serve in Vietnam, but experienced a wide variety of deployments and duty positions throughout the Western Pacific region before getting out of the USMC in 1984. A Montville police officer in his civilian career, he joined the National Guard in 1996. He deployed with the 248th Engineer Company as a staff sergeant and sees a world of difference in



Staff Sgt. Tom Barclay posed for this photo while in Kuwait with the 1109th AVCRAD. He says when he returned from Vietnam, he felt the need to change into civilian clothes right away. (Photo courtesy Lt. Col. William Shea, 1109th AVCRAD)

GWOT vets now hostility, support

the way military personnel are viewed in these times.

"I came home on leave in November (2003), and in the airport people were coming up to me and shaking hands and telling us what a great job we are doing. I couldn't believe it," Bourne said.

One recent example he shares offers a perspective that only a law enforcement officer who has deployed as a reserve component Soldier can offer.

"A guy who I had once arrested saw me eating in a restaurant. He asked me why I was wearing DCUs. When I told him that I had recently returned from Iraq, he shook my hand and thanked me for serving," Bourne said.

Bourne said that during the 1970s, U.S. troops were more respected overseas than they were in the states. Likewise, Barclay said that he felt fortunate that his duty assignments after Vietnam were in Germany, where he spent the next seven years.

A medical situation prevented Sgt. 1st Class David Irons, 58, from deploying to Southwest Asia with the 1109th AVCRAD. But, as a Vietnam veteran who served with an artillery unit, he recalls returning home from his combat tour in Southeast Asia just prior to the Tet Offensive. He returned in late 1967, "a few years before they started calling us 'baby killers'," he said.

"Nobody spat on me, but nobody wanted to hear what was going on over them either. Nobody gave a damn. Some people said that I should have gone to Canada," Irons said, adding that the public perception and treatment of troops changed after the Mai Lai incident.

Irons works full time at the 1109th AVCRAD, and has been sure to be one of those welcoming home his fellow Citizen-Soldiers. He feels that the troops returning from the GWOT deserve the warmer welcomes they are receiving.

"The Soldiers are being supported and welcomed in a style that they deserve. They are leaving their jobs and their families, and are supporting our country," Irons said. "All of our Guard members who have gone over are doing a hell of a job."

Based upon the memories shared by Irons and his fellow Vietnam era veterans, the public agrees with his assessment of the job being done in the GWOT. Or at the very least, people are generally more willing to openly show approval now than they were in the '60s and '70s. The veterans who experienced homecomings in both eras know the difference.



Master Sgt. Marc Youngquist (left) with a fellow MP in Baghdad. (Photo courtesy Sgt. 1st Class Marc Pucinski, 143rd MP)

Act increases bonuses, education benefits for reserve

KATHLEEN T. RHEM
AMERICAN FORCES PRESS SERVICE

Increased education benefits and more flexibility in awarding bonuses are among the quality-of-life improvements targeting National Guard and Reserve servicemembers in the 2005 National Defense Authorization Act.

The act also provides for changes in how guardsmen and reservists are mobilized and deployed.

“I am encouraged that the (Defense) Department, working with Congress, has enacted a number of provisions that will fundamentally change the nature of Guard and Reserve service,” said Thomas Hall, assistant secretary of defense for reserve affairs Nov. 3.

He explained many changes contained in the authorization act were vital to bring reserve component benefits more in line with active-duty benefits, particularly since troops from both components are generally serving side by side in combat zones.

“We had a much different benefit structure for the Guard and Reserve and active duty, which was all right when you’re not mobilized and when you’re in a drilling status,” Hall said. “But when you are mobilized and you’re serving ... in the foxhole alongside your active-duty brethren, we have to ask, ‘Are the benefits the very same?’ And they haven’t been.”

One significant change concerns various types of bonuses and proficiency pay. The act generally doubles or triples reserve component bonuses, bringing them closer to active-duty amounts. It allows re-enlistment bonuses to be paid more than once and to be paid in a lump sum.

The act also covers an accession/affiliation bonus of up to \$6,000 for reserve officers, changes rules concerning foreign-language proficiency pay and adds a \$2,000 bonus for reserve component servicemembers who convert to a critical skill.

In the past, education benefits for reserve component troops were considerably below those for active-duty troops, even when reserve servicemembers were activated for extended periods. That is now changed, based on how long a reserve servicemember is activated, Hall said.

Servicemembers who have been activated more than 90 consecutive days will now receive 40 percent of the active-duty monthly rate under the Montgomery G.I. Bill, or \$401 a month for those attending school full time.

The rate goes up to \$602, 60 percent of the active-duty rate, for those activated more than one year. For those reserve component servicemembers activated at least two years, the rate jumps to 80 percent of the active-duty rate, or \$803 per month. Active-duty servicemembers must generally serve at least a four-year enlistment to earn full benefits under the Montgomery G.I. Bill.

Hall said he hopes to see education benefits increase also for those drilling reservists who are not activated.

Other significant changes contained in this year’s authorization act concern how reserve component servicemembers are mobilized and how they are managed while they are mobilized.

The act now allows the military services to mobilize their reserve servicemembers for training. In the past, a common scenario was to activate guardsmen or reservists, send them away from home for training, and then deploy them to an operational mission.

“Well, in many cases what that involves is that the mobilization process is not necessarily just 12 months boots on the ground,” Hall said. “It might extend up to 18 months. And, of course, that’s time in which guardsmen and reservists are away from their families and employers.”

New rules contained in the act allow reserve servicemembers to be activated just for training, then demobilized until they are needed for operational missions.

“What we hope to do is cut down the total amount of mobilization because we can do training when it’s available, when the guardsman wants it and when their employer wants it,” Hall said. “That is a huge change that I think will help the mobilization process. I think it’s welcomed by our components, and it’s welcomed by the individual guardsmen and reservists.”

This authorization act also eliminates the so-called “180-day rule.” Under previous accounting guidelines, reserve component servicemembers who were mobilized for more than 179 days had to be counted against active-duty statistics, Hall said. This particularly caused problems in terms of end-strength goals and ceilings on specific pay grades.

Hall said the new rules better satisfy the needs of the reserve component and the active-duty services.

“The rules we had were good for another time and another place,” he said. “But this is transformational; it’s more integration and a great step forward.”

Army helicopters borrow NASCAR windshield technology

DONNA MILES
AMERICAN FORCES PRESS SERVICE

A laminate that protects NASCAR racecar windshields from rocks and debris will soon give extra protection to Army helicopters flying in Iraq and Afghanistan.

The Army’s Aviation Applied Technology Directorate at Fort Eustis, Va., started testing the concept in March and just got the green light to begin applying the Mylar polyester coating to the windshields of operational aircraft.

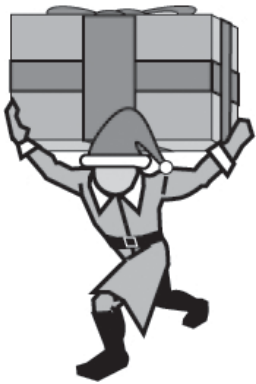
Nathan Bordick, an engineer working on the project, said the Army borrowed the idea from NASCAR, where teams have been applying multiple layers of the peelable coatings to vehicle windshields for years to resist cracking, chipping and scratching. Periodically throughout a race, pit crews peel away a layer, leaving a clear, undamaged windshield for the laps ahead, he said.

Field tests on Black Hawk and Chinook helicopters showed that the coatings, which cost about \$100 to apply, could significantly extend the life of aircraft windshields, which run \$3,000 to \$5,000 apiece, Bordick said.

First priority for the new coatings will go to helicopters flying in Iraq and Afghanistan, where sand and harsh desert conditions quickly batter windshields and render them unsafe. But, Bordick said, the Army would eventually like to add the coatings to all its aircraft windshields.

The coatings go on much like a typical window tint, Bordick said, but must be applied in a relatively controlled environment — inside a building or hangar or within a bag constructed around the aircraft. Initially, the coating will be applied at the depot level, but the Army will begin training aircraft maintenance crews to apply it themselves, he said.

Bordick called the Army’s use of a ready-made solution to its windshield problem a “proactive” decision that’s saving tax dollars. “This is an example of incorporating technology for military uses so we don’t have to reinvent the wheel,” he said.



Authorization act funds 3.5 percent troop pay raise

GERRY J. GILMORE
AMERICAN FORCES PRESS SERVICE

Money contained within the 2005 National Defense Authorization Act will fund a 3.5 percent troop pay raise and eliminate servicemembers’ out-of-pocket costs for family housing, DoD’s top military personnel official noted.

The January troop pay raise will be applied across the board to all servicemembers and won’t feature pay hikes targeted to specific ranks as in past years, David S. C. Chu, the undersecretary of defense for personnel and readiness, said during a recent Pentagon interview.

The targeted raises issued to mid-level officers and noncommissioned officers over the past two years, Chu explained, “have fixed,” for now, most pay-disparity issues involving those ranks.

And, he noted, money is contained in the 2005 act to boost allowances that now eliminate servicemembers’ out-of-pocket expenses used for on- or off-post family housing. Stateside and overseas family housing allowances are calculated according to regional markets.

The act also contains three special pay and bonus authorities,



Chu noted. For example, the bill makes permanent the increase to military family separation pay to \$250 a month and likewise hostile fire/imminent danger pay at \$225 a month.

The bill also provides “a much stronger set” of re-enlistment bonuses for Guard and Reserve members.

Chu said the ’05 NDAA ensures that troops in the field receive the equipment and other material they require to successfully prosecute the global war against terrorism.

The bill also provides extended health coverage for some reservists, Chu noted, as well as better Montgomery G.I. Bill benefits.

Another change contained in the ’05 NDAA enables reservists to be called up for training before possible overseas deployment. This, Chu pointed out, is a more efficient means of force management.

A major highlight of military personnel management during his tenure, Chu observed, involves successive increases in troop compensation.

“The president has been willing to carry the torch for us to argue for significant pay increases,” Chu noted.

Know the symptoms, get the treatment: Prostate and testicular cancers

Spc. JORDAN E. WERME,
65th PCH

Medical professionals across the country estimate that more than 180,000 American men will be diagnosed with prostate cancer in the upcoming year. Of those diagnosed, 30,000 men will die of the disease. Additionally, during recent years testicular cancer has grown to become the most common of all cancers in men between the ages 20 and 34. Nearly 400 men died of testicular cancer in 2004.

While no one can say for sure who will eventually be diagnosed with any form of cancer, knowing the risk factors can help lead to early diagnosis and treatment.

Prostate Cancer Risk Factors

The Cleveland Clinic, one the top five hospitals in the country as rated by U.S. News and World Report, has determined that more than 75 percent of all prostate cancers occur in men over age 65, and that 80 percent of men who live past 80 years of age have the disease.

As with most other forms of cancer, a family history of prostate cancer will put an individual in the high-risk category. Having a father or brother with prostate cancer doubles an individual's risk of developing the disease. Overall the hereditary factor of prostate cancer accounts for approximately nine percent of all cases.

The Cleveland Clinic also estimates that African-American men are 30-50 percent more likely to develop prostate cancer than any other race living in the United States. African and Japanese males living in their native countries have very low incidences of prostate cancer, which leads many experts to conclude that environmental issues, such as high fat diets, smoking and lower exposure to the sun, have an effect on prostate cancer risks.

Diagnosing Prostate Cancer

Unlike testicular and breast cancers, no self-examinations can be done in order to accurately diagnose prostate cancer. However, with proper medical screenings abnormalities suggesting prostate cancer can be detected early and treated, said 1st LT Edward M. Kelley, Deputy State Surgeon, CTARNG.

There are two tests used commonly in the initial detection of prostate cancer: the digital rectal exam and a blood test used to measure a substance called prostate-specific antigen (PSA).

PSA testing is done by testing blood drawn from the arm which is then tested in a lab. Results often take up to two weeks to come back. The Cleveland Clinic recommends that a PSA level of four be used as a guideline for healthy parameters. A PSA level of four to 10 is considered borderline while anything over 10 is considered very high. If a PSA test reveals levels higher than three it might be time to discuss the results with your doctor.

The digital rectal exam (DRE) is also used in early detection of prostate cancer, when

treatment is most successful. Due to the prostate's internal location your doctor cannot view it directly to identify any abnormalities, but by inserting a gloved, lubricated finger into the rectum the doctor is able to find most hard, lumpy or other abnormal areas which can indicate an enlarged prostate.

While the PSA and DRE tests are very useful in early detection of prostate cancer, they are not infallible. Many men with elevated PSA levels or other traditional symptoms detected during these tests do not have prostate cancer. In order for a proper diagnosis of symptoms to be made, both a prostate ultrasound and biopsy may be required, said Kelley.

Using the ultrasound technology the doctor is able to record a visual image of the prostate, allowing for better estimation of the prostate size and condition.

A biopsy requires the removal of small amounts of tissue from various areas of the prostate that have been identified as having abnormal features. Once the tissue samples are tested it is possible to get an accurate diagnosis of any cancerous condition.

Kelley says that additional tests are also used: the cystoscopy, CAT scan and MRI are among the most common of the alternate tests used. Your doctor will make a determination of what tests should be performed based on the individual case.

Most doctors agree that all men age 50 or older should be screened for prostate cancer on an annual basis. Men in the higher-risk categories should consider semi-annual tests beginning at age 40, said Kelley.

How is Prostate Cancer Treated?

Prostate cancer is treated in much the same way as many other forms of cancer. Common treatments include radiation therapy, chemotherapy, surgical procedures and hormone treatments. It is important to discuss all of the treatment with your doctor to decide which options are best for you.

Testicular Cancer Risk Factors

Despite an increase in the number of new cases of testicular cancer in the United States, the disease remains rare, and the total number of related deaths has decreased; a result of improved detection and treatment, according to the National Cancer Institute.

Men between the ages of 20 and 34 are at the greatest risk of developing testicular cancer, said Kelley. A family history of testicular cancer can also increase the risk in men.

One of the most common conditions associated with the development of testicular cancer is undescended testicles. The testicles are formed in the abdomen of the male fetus and normally drop into the scrotum shortly before birth or shortly after. If one or both of the testes does not drop normally, the risk of testicular cancer increases by nearly 35 times.

Race also contributes to the risk of testicular cancer. White men are most at risk, followed by Hispanic, American Indian and Asian.

African-American men have the lowest rate of testicular cancers.

Testicular Self-Examination (TSE)

Regular self-examinations can help detect testicular cancer in its early stages, and can greatly improve the chances of full recovery. The frequency of a TSE is contested by many doctors. The American Cancer Society recommends that men between the ages of 15 and 40 should perform a TSE each month, but some doctors believe that men of average risk do not need to perform the exam quite so often.

According to an article by Renee Spengler, RN, and Patrice Burgess, MD, published at WebMD.com, a proper TSE is best performed after a bath or shower, so the scrotal muscles will be warm and relaxed.

With your genitals exposed, stand with your right leg propped up on an elevated surface about chair height (such as the lid of the bathroom toilet). Gently feel the scrotum until you have located the right testicle. Using the thumbs and fingers of both hands, roll the testicle firmly but gently, carefully exploring the surface for lumps. Repeat this step on your left testicle by propping up your left leg.

A healthy, normal testicle should feel firm, but not hard, and have a smooth surface without any lumps. The epididymis (a

spongy, tube-like structure) is located at the top and down the back of each testicle. One testicle may hang lower than the other and they may differ slightly in size, but these differences are normal.

There is generally no pain with a TSE unless the testicle is swollen or tender. A cancerous lump, if detected, is usually hard to the touch but not tender or painful if pressed.

A clinical examination will differ somewhat in that the patient will most likely be lying down. Additionally, a complete physical examination of the groin and genital organs will be conducted by the health professional.

Finding a Lump

It is important to report any abnormalities found during the TSE. Only by reporting possible problems can a proper diagnosis be made. Be aware of symptoms other than just a lump on the testicle.

"Perform a self-exam monthly," said Kelley, "and see your MD if you notice any swelling, fluid build-up, or pain in the testicles or lower abdominal region."

As with all cancers, early prevention and detection are the keys to defeating prostate and testicular cancers. Check with your personal physician for more information and to arrange for screenings. For more information on any cancerous condition visit any of the following Web sites: www.WebMD.com, www.cancer.org, www.cancer.gov.

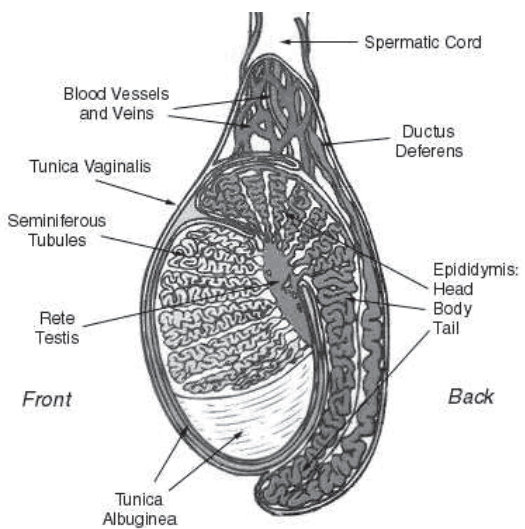
Functions of the Testicle

The testicles (also called testes or gonads) are the male sex glands. They are located behind the penis in a pouch of skin called the scrotum. The testicles produce sperm and testosterone. The testicles are located outside the body because sperm develop best at a temperature several degrees cooler than normal internal body temperature.

The germ cells inside the seminiferous tubules (sertoli cells) create sperm. The sperm move into the epididymis where they mature. They are stored there for a few weeks until they eventually move up the vas deferens to combine with fluids from the prostate and seminal vesicles to form what you normally think of as semen. The whole process takes about 7 weeks.

The leydig cells distributed throughout the testicle are the body's main source of testosterone. Testosterone, the male sex hormone, is essential to the development of the reproductive organs and other male characteristics such as body and facial hair, low voice, and wide shoulders. Without enough testosterone, a man will probably lose his sex drive and suffer from fatigue, depression, hot flashes and osteoporosis.

Note that when we talk about testicular cancer, we are normally talking about cancer of the germ cells. It is possible to have cancer of the leydig or sertoli cells, but these tumors are not as common and are usually not malignant. Also, since testicular cancer is associated with the germ cells, lumps or masses in the scrotum or on the epididymis, but not on the testicle, cannot be testicular cancer!



Holiday personal safety & security tips

FROM THE UNIVERSITY OF OKLAHOMA POLICE DEPARTMENT WEBSITE

When you travel, know where you are going and how to get there and back.

Check for construction detours; for longer trips, get a weather forecast.

If traveling out-of-state, most state law enforcement agencies provide road-and-highway information; check to see what conditions they report before leaving.

Inform a family member where you will be and when to expect you back; give them your route if they don't know it.

Travel and conduct your business during daylight hours if possible.

Lock doors and windows when getting into your car and keep them locked while driving.

If you have access to a cellular telephone, carry or take it. If possible, know the emergency cell codes for the area you're in.

When driving, keep doors locked and windows rolled up.

Maintain at least half a tank of fuel, and keep vehicle in good repair.

Follow the advice of Sergeant M. Wayne Smith, "It doesn't cost any more to keep the top quarter of your tank filled than it does to keep the bottom quarter filled."

Even if you're pressed for time, take time to fill up the tank. If you experience a breakdown, pull as far onto the shoulder as possible and turn your emergency flashers on.

If you have a cellular phone, summon assistance from a reputable source or call for law enforcement response. Otherwise, raise your hood or tie a streamer to your antenna, and await assistance inside your locked vehicle.

If a stranger stops, speak to them through a partially rolled-down window, and ask them to go to a phone and call police or a tow service; do not exit your vehicle until a law enforcement officer or tow operator are on scene.

On longer trips, be sure you have water, food, and blankets in the vehicle.

If involved in a property-damage collision in an unfamiliar or potentially unsafe location, do not open or exit your vehicle.

If you have a cellular telephone, summon

law enforcement. If not, acknowledge the accident by hand signal, and motion the other driver to proceed with you to a safe location (where there are other people and light) to exchange information.

If unable to proceed, honk the horn to attract attention and ask a passer-by to summon police.

If signalled to stop by any vehicle other than a clearly marked law enforcement unit, acknowledge the signal, and wave the driver to follow you to a safe location (where there are other people and light).

Drive within the speed limit and take the shortest possible route to the nearest safe place.

If you have a cellular phone, dial 9-1-1, tell the call-taker you are being followed by an unmarked vehicle attempting to stop you, and ask them to send a marked law enforcement vehicle to your location.

When parking, roll up the windows, lock the vehicle, take the keys, and conceal valuables, preferably in the trunk.

During hours of darkness, park and walk in lighted areas to the extent possible.

When returning to your vehicle, carry your keys in your hand and be ready to unlock the door and enter as quickly as possible. As you approach your vehicle, scan the area, glance underneath the vehicle, and take a quick look inside before entering.

While out and about, present an alert appearance.

Be aware of your surroundings; scan the area from time to time. Avoid concentrating so hard on shopping that you fail to keep track of your surroundings, others near you, or your personal property.

Wear conservative, comfortable clothing. Grip carried items firmly and avoid leaving them unattended. Carry minimal cash and valuables, wear minimal jewelry.

Shop with friends or relatives if possible; there is safety in numbers. As you shop, be alert in crowded places.

Among pickpockets' favorites are revolving doors, jammed aisles, elevators, and public transportation stops and vehicles, especially at rush hour.

Carry the day's most expensive purchases closest to your body, and don't carry so much you lose the ability to react quickly.

Keep a close eye on your children

while shopping. Teach your children to go to a store clerk or security guard if they ever get separated from you in a store/mall, and be sure they know their first and last name so they can tell someone who they are.

It's best to keep children under four (4) in a stroller. Children in shopping carts should be properly belted and seated in the

child carrier area at all times —never let your child stand in or push a shopping cart. If possible, leave your children with a babysitter while you are shopping.

For holiday shopping, consider making arrangements with family or friends/neighbors, and take turns baby-sitting.

Return to your vehicle periodically to check on it and reduce the amount you are carrying and must keep track of. Store packages in the trunk or, if your vehicle doesn't have one, out of plain view (*on the floorboard, under a blanket or clothes, etc.*).

When possible, have purchases delivered instead of taking them with you; many businesses offer free delivery during the holiday shopping season.

Ask for an escort to your car if you feel nervous.

Return to the mall or store for assistance if you spot suspicious activity near your vehicle.

Stay alert while loading items into or out of the vehicle or arranging cargo stowage. If someone approaches, and you feel threatened, get in and lock up until they leave the area; if they loiter, drive away.

Using debit or credit cards is much safer than carrying a lot of cash. If the vendors you will visit don't take cards, consider obtaining traveler's checks which, unlike cash, can be replaced if lost or stolen.

Visit ATM's only at well-lighted and populated locations; visit during daylight hours if possible.

Using the drive-up is usually safer than walking up or into a facility. Remember to scan around you as you make your withdrawal.

If anyone is loitering, or you don't like their looks, go to another ATM. Stand such that those behind you cannot see your PIN as you enter it; your PIN should NEVER be written down on or carried with your ATM card.

Be observant. Avoid dark areas, shortcuts, cul-de-sacs, and suspicious persons. Stay near light and people.

Be prepared to flee potential problems. If apprehensive about any location for any reason, leave. Consider carrying a whistle. Weapons are not recommended, and may be unlawful.

If followed —On Foot: 1. Cross the street



2. Vary your pace 3. Change direction 4. Turn the wrong way down a one-way street

By Vehicle: 1. Execute several right turns to verify 2. Get and stay on arterial streets 3. Note and record: license plate number, description of vehicle and occupant(s).

If follower persists, go to an occupied and lighted location (convenience store, fire station, police station) and summon police.

Confine your charitable giving to reputable established organizations, preferably those with a local branch. If solicited by an individual for personal charity, don't give cash; offer to buy the individual food or drink or refer them to local assistance resources.

If solicited for an unfamiliar organized charity, ask for literature so you can make an informed decision about giving; any reputable organization will be glad to provide material.

If solicited by telephone, do not give out credit card numbers or personal information not listed in the telephone directory, and don't allow the organization to come to your home until you are certain of their reliability. Instead, ask them to send you information so you can make an informed decision and mail in your donation.

With the exception of local organizations, door-to-door sales are often fraudulent, and should be viewed with skepticism. If it sounds too good to be true, it usually is.

Under consumer protection laws, you have a right to written information about any offer, and the right to cancel any order within three days should you reconsider your decision.



Make sure you obtain enough information to enable you to re-contact the vendor or his/her office in the event you have questions or change your mind.

If you don't want to be bothered by door-to-door solicitors, most locations have a law that solicitors must avoid homes which display a "NO SOLICITORS" sign; bear in mind this usually doesn't apply to religious proselytizing or charitable organizations.

For further information about consumer protection laws, contact your State Attorney General's Office.

Promptly report suspicious persons, vehicles, and crimes to the local law enforcement agency.







SUSPICIOUS MAIL

THESE TIPS CAN HELP PROTECT YOU,
YOUR BUSINESS, AND YOUR MAILROOM

IF YOU RECEIVE A SUSPICIOUS LETTER OR PACKAGE:

- 1** Handle with care. Don't shake or bump.
- 2** Isolate it immediately.
- 3** Don't open, smell, touch, or taste.
- 4** Treat it as suspect. Call local law enforcement authorities.



Misspelled words
Addressed to title only
Incorrect title
Badly typed or written

No return address
Restrictive markings
Sealed with tape

PERSONAL!
CHIEF EXECUTIVE OFFICER
222 N. HARVEY ST.
PHILADELPHIA

Operations Manager
122 M St.
Saville, MO

DO NOT X RAY TAPE ENCLOSED

Operations Manager
5032 D 1ST
Annapolis, MD

Oily stains, discolorations, or crystallization on wrapper

Strange odor

Excessive tape

Rigid or bulky

Lopsided or uneven

IF YOU SUSPECT THE MAIL MAY CONTAIN:

<p>A BOMB: Evacuate Immediately Call Police Contact Postal Inspectors Call Local Fire Department/HAZMAT Unit</p>	<p>A RADIOLOGICAL THREAT: Limit Exposure — Don't Handle Evacuate Area Shield Yourself From Object Call Police Contact Postal Inspectors Call Local Fire Department/HAZMAT Unit</p>	<p>A BIOLOGICAL OR CHEMICAL THREAT: Isolate — Don't Handle Evacuate Immediate Area Wash Your Hands With Soap and Warm Water Call Police Contact Postal Inspectors Call Local Fire Department/HAZMAT Unit</p>
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Officials announce distribution dates for tax statements

As the end of the year approaches, Defense Finance and Accounting Service officials announced the schedule for distributing 2004 tax statements.

The schedule lists when servicemembers, military retirees and annuitants and defense civilian employees can access their statements through myPay and when they can anticipate receiving a paper copy in the mail.

Customers once again can view, save and print their tax statements from myPay at <https://mypay.dfas.mil>.

Tax statements will be available as follows:

— Retired Annual Statement: available online Dec. 4 and mailed between Dec. 17 and 29.

— Retired 1099R: available online Dec. 13 and mailed between Dec. 17 and 29.

— Annuitant Annual Statements: available online Dec. 13 and mailed between Dec. 28 and 29.

— Annuitant 1099R: available online Dec. 14 and mailed between Dec. 27 and 29.

— Reserve W2s: available online Dec. 27 and mailed between Jan. 4 and 5.

— Civilian W2s: available online Jan. 6 and mailed between Jan. 10 and 14.

— Active Duty W2s: available online Jan. 14 and mailed between Jan. 18 and 24.

The following statements are available only by mail:

— Special Compensation for Severely Disabled 1099Rs: mailed Dec. 17.

— VSI/SSB W2s: mailed between Jan. 4 and 5.

— Travel W2s: mailed between Jan. 10 and 11.

— Savings Deposit 1099INTs: mailed between Jan. 10 and 11.

“During the months of January, February and March 2004, an average of 1.4 million myPay users viewed their tax statements each month, and we continue to encourage users to view and print their statements online,” said Jim Pitt, director of electronic commerce at DFAS’ military and civilian pay services.

“Earlier access to W-2s and other tax statements is another way myPay gives users control of their pay information.”



Safety needs to be first priority, during holidays, war, always

BRIG. GEN. JOSEPH SMITH

(Editor's Note: This article comes from an email sent throughout the military from Safety Sends.)

Our Army is at war and you can feel the ongoing efforts to protect our combat capability, but we are not there yet. In Fallujah, Mosul, off a balcony in Texas, in a car in Louisiana, on a motorcycle in Missouri, and elsewhere . . . accidents continue to drain our combat power: 12 Class A mishaps and 11 fatalities: four in POVs, two in Army combat vehicles, two in an Army motor vehicle, and three to personal injury. In just over three weeks we have lost another squad. . .

Here's a thumbnail sketch of reported Class A accidents 24 Oct - 16 Nov 04. Details are sketchy, but I want to share what we know:

16 NOV 04, Iraq: During a patrol, an armored M998 HMMWV rolled off a 20' embankment

into a ditch. Eight Soldiers were injured, including one fatally.

15 NOV 04, Iraq: Soldier (gunner) was ejected when a 5-ton gun truck rear-ended a contractor's truck. Soldier sustained severe head trauma and died.

15 NOV 04, Georgia: Soldier was traveling home from work on a motorcycle when involved in an accident with a POV. He was ejected and died.

13 NOV 04, Iraq: An M1117 was stopped at an intersection when a POV struck it. The M1117 overturned several times, with fatal injuries to the gunner.

12 NOV 04, Missouri: Soldier was operating motorcycle, jumping a sand berm. Soldier was ejected and the bike landed on his head, killing him.

12 NOV 04, Iraq: An M1A2 tank overturned en route to refueling operations; Soldier in turret was killed.

6 NOV 04, Louisiana: Soldier was driving his POV when the vehicle ran off the road,

hit a culvert and overturned. Soldier died upon arrival at the hospital.

6 NOV 04, Texas: Intoxicated Soldier was on a balcony, lunged toward the railing to spit, lost his balance and fell two floors, dying from impact.

2 NOV 04, North Carolina: Soldier was operating his POV when he lost control of the vehicle, ran off the road and overturned, sustaining fatal injuries.

28 OCT 04, North Carolina: While flying a NVG training mission as a flight of two, one UH-60 went IIMC. The aircraft made a rapid descent to avoid the other aircraft and crashed into the trees.

24 OCT 04, North Carolina: Soldier died while piloting a private plane that crashed in the mountains.

24 OCT 04, Kuwait: Soldier was participating in a 10-mile event carrying a 30lb rucksack when he collapsed. Soldier was evacuated to the hospital where he was pronounced dead.

In record time, Army Safety is transforming and changing its processes to take full advantage of Composite Risk Management. It is a holistic look at ALL risks - tactical and accidental, deployed and garrison, on and off duty, 24/7.

This new mindset is a cultural change where it ensures risk management becomes part of every first-line supervisor's daily duty, applying it to every activity. It is not being risk averse . . . it is being smart about managing risks, wherever and whenever they present themselves.

Coach 'em hard on Composite Risk Management, whether you're under an oak tree, in a tent, or in the barracks. Thanks to each of you for allowing me to share frank thoughts thru "Safety Sends." The audience continues to grow because of your interest and efforts.

Focus: Army focuses on getting equipment to deployed troops faster

SGT. 1ST CLASS MARCIA TRIGGS

(Editor's note: This is the eleventh article in a weekly series on the 17 Army focus areas. This one focuses on "Resource Processes")

Every Thursday senior leaders on the Army staff spend an hour validating equipment requirements from commanders to ensure needed capabilities get in the hands of deploying troops.

Additional body armor, more up-armored Humvees and battlefield robots are examples of requests that have been heard and approved by members of the Army Strategic Planning Board.

Getting the right equipment to combatant commanders in a timely manner is only one aspect of the Army's focus area "Resource Processes."

"It's a series of actions that match dollars to desired capabilities," said Lt. Col. Bobby Claflin, an action officer with the Deputy Chief of Staff for Programs, G8.

Nested in improving the Army's "Resource Processes" is supporting combatant commanders, getting re-deploying troops ready for future missions and working with other services to ensure

money isn't wasted by developing redundant capabilities, G8 officials said.

The Army Strategic Planning Board was first formed after 9-11 with a primary focus on supporting the Global War on Terrorism. And even though it works as a gatekeeper, it ironically has proven to compress equipment-fielding schedules from years to months and even weeks, officials said. Unit commanders from company to theater-level submit operational needs statements to their major commands, and if the MACOMS can't fulfill the requests, they are forwarded to Headquarters Department the Army for resolution, said Col. Mark Averill, chief of ASPB.

"When commanders see a required piece of gear that they need for mission success they can basically write and ask for it," Averill said.

Before requests reach the ASPB's Thursday meeting, Averill hosts a Tuesday meeting where a council of colonels first reviews the requests.

"It's not layers of bureaucracy," said Lt. Col. Michael Komichak, a member of the ASPB. "Instead of walking requests in each of the staff sections and trying to get on the

G3's calendar, we provide a forum where multiple decisions directly impacting Soldiers on the ground can be made within 60 to 90 minutes."

The planning board isn't just driven by requests from commanders, Komichak said. Board members also think forward, he said. They use lessons learned from previous rotations of Operations Iraqi Freedom and Enduring Freedom to "lean forward" and predict what units will need on the ground, Komichak said.

Among the board members are representatives from the Rapid Equipping Force. They look for off-the-shelf technologies that they can get in the hands of Soldiers as rapidly as possible. An example of a REF product is the "Well-Cam," which is being used in Afghanistan. The Well-Cam is a camera attached to an Ethernet cable that enables Soldiers to safely search wells for weapons caches.

By reprioritizing resources and restructuring other programs, the Army has reinvested \$36 billion towards Army Transformation, said G-8 officials. Technologies and capabilities are being developed that can be applied to the

current force, officials said.

In addition to investing in new equipment, major items that have been used in Iraq and Afghanistan are being repaired through the "setting the force" program.

Through the reset program, all returning units will achieve a sufficient level of combat readiness to be able to conduct future missions, officials said.

"The entire resource process has been evolving from independent processes to a synchronized concert that includes the Office of the Secretary of Defense and the sister services," Claflin said.

(Editor's note: The Army's 17 immediate areas offocus include: The Soldier; The Bench; Combat Training Centers/Battle Command Training Program; Leader Development and Education; Army Aviation; Current to Future Force; The Network; Modularity; Active Component/ Reserve Component Balance; Force Stabilization; Actionable Intelligence; Installations as Flagships; Authorities, Responsibilities, and Accountability; Resource Processes; Strategic Communications; Joint Expeditionary Army with a Campaign-quality Capability; and Logistics. To view a brief synopsis of each area, visit The Way Ahead.

Keating becomes NORAD, NORTHCOM commander

MERRIE SCHILTER-LOWE
SPECIAL TO AMERICAN FORCES PRESS SERVICE

PETERSON AIR FORCE BASE, Colo.— Before a full house, Navy Adm. Timothy J. Keating assumed command of North American Aerospace Defense Command and U.S. Northern Command from Air Force Gen. Ed Eberhart in ceremonies here Nov. 5.

The former director of the Joint Staff is the first non-Air Force officer to command NORAD since its creation in 1958.

Eberhart had been commander of NORTHCOM since its creation following the Sept. 11, 2001, terrorist attacks. He will retire during a separate ceremony later this year, after an active-duty military career spanning 36 years.

Deputy Secretary of Defense Paul Wolfowitz called Eberhart a "trailblazer" who had led in war and peace with "imagination, independence and strong influence."

These are the same attributes Eberhart exhibited as a forward air controller flying 300 bombing missions in South Vietnam, Wolfowitz said.

They are also the attributes that persuaded President Bush and Secretary of Defense Donald Rumsfeld to appoint Eberhart as commander of NORTHCOM.

Wolfowitz went on to praise Eberhart for bringing together the four military branches—including the reserve components—and the U.S. Coast Guard "under one new

command." He also read a letter from Rumsfeld, which stated that Eberhart was leaving behind "a legacy that will continue to enhance U.S. security for years to come."

Turning attention to the new NORAD and NORTHCOM commander, Wolfowitz said there was "no better person" than Keating to build on Eberhart's accomplishments.

The deputy secretary said both Eberhart and Keating possess the same "spirit" as the late Gen. Jimmy Doolittle, who "inspired confidence in others" and "went on to conduct that remarkable and unconventional raid on Tokyo in 1942."

Wolfowitz said the raid announced to the world that America "was there in the thick of the fight."

He said the United States is again in the thick of things because of the war on terrorism, "and General Eberhart and Admiral Keating share the Doolittle spirit."

"They are both confidant, direct men, who mean what they say and say what they mean," he said. He added that both men are leaders with "the courage to take action and see them through."

After thanking Canada and the United States for the opportunity to serve as commander, Keating directed his comments to NORAD and NORTHCOM members, saying "you've done much for which you can be proud so it is OK to walk with a bit of a swagger."

However, the new commander also cautioned members that protecting the nation and its territories would require "constant vigilance and more." The "more" included innovation, aggressiveness and "rock-solid readiness to respond at a moment's notice."

Keating also told members that the commands' bottom line is "securing liberty and maintaining the trust as the Canadian and American people expect and deserve."

He concluded his remarks saying that he and his wife, Wandalee, "are very proud to join this team and we ask God's continued blessings ... on the United States and Canada."

During the ceremony, Eberhart received the Defense Distinguished Service Medal (with second oak leaf cluster) and Canada's Meritorious Service Cross (military division).

The citation accompanying the DDSM said Eberhart's leadership and professionalism contributed to the security of the United States and Canada following the 2001 terrorists attacks.

The Canadian citation lauded Eberhart's "strong vision and tenacious pursuit of binational support for the common defense of North America," which "contributed significantly to the advancement and defense programs critical to Canada."

Canadian Gen. Ray Henault, chief of the



Canadian General R. R. Henault presents the NORAD command flag to Admiral Keating during the NORAD Change of Command ceremony held at Peterson AFB, Colo. Nov. 5. (Photo by Staff Sgt Lawrence Holmes, USAF)

Defense Staff, presided over the NORAD change of command. Several minutes later, Air Force Gen. Richard B. Myers, chairman of the Joint Chiefs of Staff, presided over the NORTHCOM change of command.

Prior to becoming director of the Joint Staff in October 2003, Keating was commander of Naval Forces Central Command and U.S. Fifth Fleet.

Before that he served two years as deputy chief of Naval Operations for Plans, Policy and Operations.

(Merrie Schilter-Lowe is assigned to the combined Public Affairs Office of NORAD and NORTHCOM.)

Camaraderie, professional spirit bring Army, Air officers together at Dining-In

MAJ. GEORGE WORRALL
103RD FIGHTER WING PUBLIC AFFAIRS OFFICER

Officers of the Connecticut National Guard gathered at the Aqua Turf Club in Plantsville November 4 for the annual Officer's dining-in.

Hosted by the 103rd Fighter Wing, the event brought together 238 Connecticut militia officers, invited guests, and Army/Air National Guard officers for an evening filled with tradition and fun.

"It was a pleasure to host this event and continue the tradition," said Col. Daniel L.



Guy T. Hatch, dining-in speaker and chief operating officer, The Connecticut Center for Advanced Technology, addresses the mess as keynote speaker at the 2004 Officers Dining-In at the Aqua-Turf Club in Plantsville November 4. (Photo by Maj. George Worrall, 103rd FW)

Peabody, commander of the hosting unit. "As well as enhancing the camaraderie between us and our fellow Army and militia officers, the event was very enjoyable."

The event began with the usual fanfare and background music provided by the Air National Guard Band of the Northeast. A punch bowl ceremony by the Air Guard second lieutenants set the stage for the points of order fines that make dining-ins unique and entertaining.

The point of order violations and miscellaneous conduct violations resulted in fines, some purely the purpose of fining, as when the President of the Mess-POM fined all who had not previously been fined simply for not having violations of the mess.

With the dinner over and many of the guests out of dollar bills for fines, the Assistant Adjutant General and Commanding general of the Connecticut Army National Guard took the podium.

"This year we still have about 440 Soldiers deployed and three Airmen serving in harms way," said Brig. Gen. I.J. Zembrzusi. Contrasting that with the list he read of the units that were mobilized and deployed since last year's dining-in, "1,100 of them were away last year at dining-in time."

The general also paused to recognize three generations of service in retired CW5 (Ret.) John Marini, son CW5 Mark Marini and 1st Lt. Celine Marini, daughter of Mark. "A great family," he said, adding that the most junior member is the most senior in rank.

"Thank you for coming and thank you Gen. Throwe for starting the tradition in Connecticut 25 years ago," said Zembrzusi.

Retired Maj. Gen. James Throwe is credited for reviving the military dining-in tradition in the Connecticut National Guard, which dates back to Gen. George Washington's day.

At the 2003 Officer's dining-in an Army unit hosted and had a speaker who had served in the Air Force, Department of Veteran's Affairs Commissioner Linda Schwartz, in 2004 the Air Guard hosted and returned the favor with a speaker who once served in the Army via West Point.

"Congress established the national center for us to maintain world leadership in propulsion," said Guy T. Hatch, dining-in speaker and chief operating officer, The Connecticut Center for Advanced Technology in East Hartford. The center recently received \$21 million from the Air Force to develop advanced propulsion. "It was our idea, and the \$21 million we get this year will carry forward and forward with no end in sight."

"Developing not just gas turbines, but pulse drive or phased pulse, fuel cell, extending the life of the Air Force fleet, and to reduce the cost of new systems," he said explaining some of the goals of the center. "Connecticut was chosen by Congress to lead this effort: we must ensure U.S. remains in the forefront of industry."

"Our centers answer the question 'how do we establish the next silicon valley or Route 128 (the high tech area around Boston)?' Develop a world class resource. Our goal is to further new business that will be the innovators of the future. CCAT is the focal point for this in Connecticut."

The President of the Mess wrapped up

the evening with a prize drawing, a marshmallow gun, explaining, "The fines you have paid here today will benefit the Connecticut National Guard Foundation and help our Soldiers and Airmen," said Col. Gary Costello, vice commander, 103rd Fighter Wing.

The officers who attended seemed pleased with the evening.

"Phenomenal evening, excellent guest speaker...good to know Connecticut is getting something like this center of interest to both Air and Army to hold state technology together," said 1st Lt. David Roy, HHC 1st 102nd Infantry. "Ultimately it could keep me in the state."

"It was great, the camaraderie, professional spirit," said Capt. John Breisler, 103rd Air Control Squadron. "The joint experience cannot be overstated."

"It was good, hanging out with our Army brethren and all of us getting together over a meal," said Lt. Col. Dennis Yount, 103rd Aircraft Maintenance Squadron.

For the second lieutenants enlisted to make the event happen, the fun and effort went together.

"Kind of dull sitting out here by yourself, but [the Mr. Vice role is] a lot of fun," said 2nd Lt. Gene Stellon, who served as Mr. Vice, 103rd Services Flight. "Everyone was a good sport."

"It was a lot of work. More than one might expect," said 2nd Lt. Bryon Turner, 103rd Communications Flight. "But being a part of the ongoing tradition made it all worthwhile. To watch the Army and Air Guard interact... their two different cultures mix and come together for an event, great."



2nd Lt. Gene Stellon (seated left), Mr. Vice, 103rd Services Flight, reads the punch bowl script as the Air National Guard second lieutenants fill a combat punch bowl with liquor and juice at the 2004 Officers Dining-In at the Aqua-Turf Club in Plantsville November 4. (Photo by Maj. George Worrall, 103rd FW)

Army National Guard celebrates 368 years of defending freedom at home and abroad

The Army National Guard, the oldest component of the Armed Forces of the United States, and one of the nation's longest enduring institutions, is celebrating its 368th birthday December 13.

The National Guard traces its history back to the earliest English colonies in North America. Responsible for their own defense, the colonists drew on English military tradition and organized their able-bodied male citizens into militias.

The Guard doubled the size of the regular Army when it was mobilized in 1940, more than a year before Pearl Harbor, and contributed 19 divisions to that war, as well as numerous other units including Guard aviation squadrons.

More than 138,000 Guardsmen were mobilized for Korea, followed by numerous smaller mobilizations for the Berlin Crisis, Vietnam and many strikes and riots at home.

Approximately 63,000 Army Guardsmen were called to serve in Desert Storm, and in the decade since then, Guardsmen have seen a greater role than ever before - conducting peacekeeping missions in Somalia, Haiti, Saudi Arabia, Kuwait, Bosnia and Kosovo.

Following the attacks of Sept. 11, 2001, thousands of Guardsmen were called up by both their States and Federal government to provide security at home and combat terrorism abroad.

Today's National Guard continues its historic dual mission, providing the states with units trained and equipped to protect life and property, while providing the nation with units ready to defend the United States and its interests around the world.

History of the Guard



The First Muster

The history of the Army National Guard

began on Dec. 13, 1636, when the Massachusetts Bay Colony organized three militia regiments to defend against the growing threat of the Pequot Indians. Patterned after the English Militia systems, all males between 16 and 60 were obligated to own arms and take part in the defense of the community. The National Guard continues its historic mission of providing defense of the nation.

The Revolutionary War

The colonial militiamen held their fire as seven British regiments, considered the

best infantry in the world, advanced on them. One officer cautioned his men, "Do not fire until you see the whites of their eyes!"



With discipline and courage the militiamen waited...and

fired. The British, anticipating an easy victory, sustained many casualties. The American militia proved to the world that civilian volunteers could be molded into trained fighting men, thus forging the high tradition of the National Guard.

The Civil War

The Battle of Gettysburg is considered to be the turning point of the Civil War. One episode which helped turn the tide involved the militia from Maine.



Josua L. Chamberlain,

a former professor at Maine's Bowdoin College, commanded the 20th Main Volunteer Militia. The 20th was ordered to hold critical terrain between Big and Little Round Top at all cost. They held off six attacks by determined Alabama regiments. Chamberlain knew his men didn't have the ammunition to fight off a seventh attack. So, he ordered his men to "Fix bayonets" and charge downhill. The assault stopped the Confederate threat to the Union flank and contributed mightily to an important Union victory.

The Spanish-American War

Led by Lt. Col. "Teddy" Roosevelt, the 1st New Mexico Cavalry, known as the "Rough Riders," charged up Kettle Hill. Despite heavy enemy fire, they succeeded in reaching the top. Continuing with the attack, they seized the heights overlooking the city of Santiago. This action is known as the Battle of San Juan Hill, which led to the Spanish surrender two weeks later.



World War I

From the streets of Harlem and other New York City neighborhoods came the African-American National Guardsmen of the 369th Infantry Regiment. They were assigned to the French Army and took part in the Meuse-Argonne offensive. During the attack, the New York City militiamen fought a brutal struggle

with defending German troops. Heavy casualties were sustained on both sides. The



Germans nicknamed these troops "Hell Fighters." Their brave actions earned the

French Croix de Guerre award for the entire regiment which was cited as "the regiment that never lost a man captured, a trench or a foot of the ground..."

World War II

The 37th Ohio National Guard "Buckeyes" Division took part in the assault to drive Japanese forces out of Manila. It was a treacherous fighting. The



Japanese had fortified buildings, and the 37th found themselves fighting block-by-block, floor-by-floor and room-by-room. One squad leader found himself the object of a bayonet charge by six Japanese soldiers from 30 yards away. Sergeant Billy E. Vinson warded off the first bayonet thrusts, then opened up with his rifle and dispatched the attackers with a single sustained burst of gunfire. He held his ground until all wounded Soldiers in the vicinity could be evacuated. As their Division history states, "For those who missed Normandy or casino, Manila would do."

Korean War

Puerto Rico's 65th Infantry Regiment was south of Seoul when orders came to take two hills held by the Chinese. The assault took three days. On the morning of the third day, the tops of the hills were within reach. Two battalions of the 65th fixed bayonets and charged straight at the enemy positions. The Chinese fled. This regiment's service and motto, "Honor and Fidelity," exemplify the National Guard's role in our nation's history.



Vietnam War

Twenty Army National Guard units from 17 states were mobilized for service in the Vietnam War on May 13, 1968. Company D (Ranger) of the 51st Infantry, Indiana Army National Guard arrived in the country in

December of that year. The Indiana Rangers were assigned reconnaissance and intelligence-gathering missions. Operating deep in enemy territory, Ranger patrols



engaged enemy units while conducting raids, ambushes and surveillance

missions. "Delta Company" achieved an impressive combat record; unit members earned 510 medals for valor and service.

Desert Storm

More than 62,000 Army National Guard Soldiers were mobilized for Operations Desert Shield and Storm. The Oklahoma Army National Guard was one of the many Guard units assigned to support the advance into



Iraq. Armed with the Multiple-Launch Rocket System, the Field Artillerymen of this battalion provided accurate and devastating fire throughout the entire campaign. The rockets were so deadly that the Iraqi soldiers called them "steel rain."

Operations Iraqi Freedom, Enduring Freedom and Noble Eagle

Today, National Guardsmen and women are fighting the Global War on Terrorism on all fronts around the world as well as serving in peacekeeping missions. This chapter in the long, noble history of the National Guard is not over yet and will no doubt be written about at a later date.

(Editor's Note: Except for the last paragraph, all text and graphics used here are from the Army National Guard website)



Connecticut Military Department News

Symbol of America: Uncle Sam

Spc. JESSE J. STANLEY JR.
65TH PCH

Uncle Sam, an Armed Forces icon and one of the most popular personifications of the United States was made popular in an Army recruitment poster painted by James Montgomery Flagg in 1916. His history, however, starts nearly a century earlier during the war of 1812.

Samuel Wilson, a meat-packer, from Massachusetts who had previously served as a drummer boy and then a Soldier in the Revolutionary War, had a business in Troy, New York. Among those who knew him and did business with him he was called "Uncle Sam."

During the War of 1812 he provided provisions to the Army troops in the area. The rations were shipped in barrels marked with "U.S." meaning that they were for the Army. At the time the abbreviation USA was not in wide-spread use yet. Most people took the "U.S." on the sides of the barrels to mean Uncle Sam. When a federal inspection crew came to his plant in October of 1812 they asked what the "US" signified. A worker, unsure

of what it stood for, replied with, "Uncle Sam."

Most people said that the shipments to the troops came from Uncle Sam and it did not take long for civilians and Soldiers to transfer the nickname for Samuel Wilson from the real person to mean the Federal Government. It soon became a part of popular culture.

Shortly thereafter political cartoonists began to use Uncle Sam in their work. During this time Uncle Sam went from being drawn as a portly man in a top hat and tux to a tall, thin man in patriotic garb and modeled more after Abraham Lincoln.

He became one of the first symbols embraced as a national icon and became recognizable around the world to stand for the United States.

(Editor's Note: This is the first in a series of articles on American and Military symbols and their history. If there is a particular symbol you are curious about, or one that you

would like to write about, please contact us at:

CTGuardian@ct.ngb.army.mil, or by phone at (860) 548-3251



Connecticut's 2nd Company Governor's Foot Guard joins the Rhode Island Militia in celebrating its 230th anniversary



The Connecticut 2nd Company Governor's Foot Guard, on October 30th 2004, traveled to Rhode Island to join the Kentish Guards, the Rhode Island Militia in celebrating the 230th anniversary of the Company's existence. Members of the 2nd Company participated in ceremonies marking the event. The command paraded through downtown providence in conjunction with the annual meeting of the centennial legion of historic military commands. A formal military ball was held following the parade, attended by officers and enlisted personnel from militia units representing all the thirteen original colonies. (Photo submitted by Cherryll LaFond, 2nd Co. GFG)

Franklin Delano Roosevelt Pearl Harbor address: December 8, 1941

U.S. House of Representatives
Washington, D.C.; December 8, 1941

On Sunday morning, Dec. 7, 1941, the Japanese military conducted a surprise attack on the U.S. naval base at Pearl Harbor, Hawaii, resulting in the loss of more than 2,000 American lives and the destruction of ships and airplanes. The next day, President Franklin Delano Roosevelt addressed Congress and the nation in a broadcast heard worldwide. He branded Dec. 7 "a date which will live in infamy" and exposed the treachery of Japan in launching surprise raids all over the Pacific at the same time. The speech was a call for a declaration of war against Japan – and therefore against its Axis allies in Europe. By the afternoon of the eighth, Congress had passed the resolution for war. (From the book, "Great American Speeches," Copyright 1993, Gramercy Books, an imprint of Random House Value Publishing, Inc.)

To the Congress of the United States: Yesterday, December 7th, 1941 — a date which will live in infamy — the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan.

The United States was at peace with that nation and, at the solicitation of Japan, was still in conversation with its government and its emperor looking toward the maintenance of peace in the Pacific. Indeed, one hour after Japanese air squadrons had commenced bombing in Oahu, the Japanese ambassador to the United States and his colleague delivered to our Secretary of State a formal reply to a recent American message. And while this reply stated that it seemed useless to continue the existing diplomatic negotiations, it contained no threat or hint of war or of armed attack.

It will be recorded that the distance of Hawaii from Japan makes it obvious that the attack was deliberately planned many days or even weeks ago. During the intervening time, the Japanese government has deliberately sought to deceive the United States by false statements and expressions of hope for continued peace.

The attack yesterday on the Hawaiian Islands has caused severe damage to American naval and military forces. Very many American lives have been lost. In addition, American ships have been reported torpedoed on the high seas between San

Francisco and Honolulu.

Yesterday, the Japanese government also launched an attack against Malaya.

Last night, Japanese forces attacked Hong Kong.

Last night, Japanese forces attacked Guam.

Last night, Japanese forces attacked the Philippine Islands.

Last night, the Japanese attacked Wake Island.

And this morning, the Japanese attacked Midway Island.

Japan has, therefore, undertaken a surprise offensive extending throughout the Pacific area. The facts of yesterday speak for themselves. The people of the United States have already formed their opinions and well understand the implications to the very life and safety of our nation.

As commander in chief of the Army and Navy, I have directed that all measures be taken for our defense.

Always will we remember the character of the onslaught against us.

No matter how long it may take us to overcome this premeditated invasion, the American people in their righteous might will win through to absolute victory.

I believe that I interpret the will of the

Congress and of the people when I assert that we will not only defend ourselves to the uttermost, but will make it very certain that this form of treachery shall never again endanger us.

Hostilities exist. There is no blinking at the fact that our people, our territory, and our interests are in grave danger.

With confidence in our armed forces, with the unbounded determination of our people - we will gain the inevitable triumph — so help us God.

I ask that the Congress declare that since the unprovoked and dastardly attack by Japan on Sunday, December 7th, a state of war has existed between the United States and the Japanese empire.



Photo from www.americanrhetoric.com

Veterans' Day Parade d downtown Hartford to hol

From Page 1

in our country, that when push comes to shove everyone is an American and is proud of that. It is definitely one of the days you're proud of our country."

This year's parade theme was "Stars and Stripes Forever." Main, Trinity and Asylum Streets were repainted with a red white and blue stripe down the center to designate the parade route, keeping with the theme. American flags were passed out by volunteers along the route and the spectators dressed in their most patriotic outfits.

The special guests of the parade included Lloyd W. Newton, a retired Air Force general who is now the Executive Vice President of Military Engines for Pratt & Whitney, and Ray Dunaway from WTIC-AM. The Grand Marshal was John Motley, a Vietnam veteran and president of St. Paul Travelers Connecticut Foundation.

The parade was halted halfway through by church bells to signal a moment of silence for all those who had perished while fighting for freedom. The crowd was silent as both marchers and spectators bowed their heads in remembrance of the brave men and women who paid the ultimate sacrifice while serving their country.

The highlight of the parade came with the flyover formations by the Air National Guard A-10 aircraft followed immediately by the Army National Guard Chinook helicopters.

Stamos said seeing all the children in the audience was the best part. "I loved seeing the expression on their faces when the A-10s flew overhead and the helicopters flew down the street," she said.

The Connecticut Veteran's Day Parade was reestablished in Hartford after being absent for several years. It was previously know as the MetroHartford Veteran's Day Parade but the name was changed due to the number of groups marching from through the state.



Members of the 2nd Company, Governor's Horse Guard participated in the parade on a beautiful fall day. Many are veterans themselves. (103rd Communications Flight photo)



Members of the 103rd Fighter Wing march in the Veteran's Day parade, themselves veterans having returned from Iraq recently. (103rd Communications Flight photo)



ade draws thousands to o honor vets, new and old



The Veteran's Day parade was a time for the 102nd Army Band of the Connecticut National Guard to show its stuff to the gathered crowds. The unit spent its annual training period in Germany entertaining troops that were preparing to go to Iraq. They also performed during many ceremonies in Germany. (103rd Communications Flight photo)



A squadron of A-10's flew down Main Street in Hartford during the parade drawing a cheer from the crowd gathered below. (Photo by Spc. Jesse J. Stanley, Jr., 65th PCH)

"It is amazing with all of the dissention you hear about in the media between groups of people in our country, that when push comes to shove everyone is an American and is proud of that. It is definitely one of the days you're proud of our country."

*Christina Stamos
Hartford resident
Public School Teacher*



Soldiers and Airmen who deployed for the Global War on Terrorism as individual assets receive their medals from Brig. Gen. I. J. Zembrzusi, assistant adjutant general, during ceremonies held at the Veterans' Day Parade. (103rd Communications Flight photo)

Social Security FAQ on a weekend drill

Husbands and wives and retirement decisions

COL. GARY G. OTTENBREIT (J6 DIRECTORATE) AND
ROBERT RODRIGUEZ (PUBLIC AFFAIRS OFFICE – SSA)

Earlier this summer one of the ‘think tanks’ that studies Social Security issues came out with an especially interesting report.

It noted that today most American husbands and wives both work, and when they make future plans, they do so with expectations of retiring at about the same time.

But because husbands tend to be older than their wives (by an average of four years), retirement age decisions can become complicated and need to be coordinated.

As the report (from the Center for Retirement Research at Boston College) stated, “Many husbands and wives differ in age and health status, and they often belong to separate employer-sponsored pension plans....”

However, the one common denominator for nearly all couples is that they are covered by Social Security.

So here is a brief primer on some basic Social Security considerations that couples should take into account when choosing a retirement date.

Both a husband and wife are, of course, eligible for their own retirement benefits based on their own work records.

Often, however, one spouse may work at much lower-paying jobs throughout his or her career, or stay at home to care for the couple’s children.

In that case, Social Security always pays the lower-earning spouse whatever benefit he or she might have earned through work—and then does calculations to see if his or her benefits ‘as a spouse’ would be higher.

If they would be, that person would get a combination of benefits equaling the higher spouse’s benefit.

And that is where the calculations and the decision making can become tricky.

A spouse is entitled to one-half of the retired worker’s full benefit amount, unless the spouse begins collecting benefits before his or her own full retirement age. In that case, the amount of the spouse’s benefit is permanently reduced.

For example, based on the present full retirement age of 65 and 4 months, if a spouse begins collecting benefits:

- at 64, the benefit amount would be about 46 percent of the retired worker’s full benefit;
- at age 63, it would be about 42 percent; and
- at age 62, 37.5 percent.

And just to show how tough real-life financial decisions can become, let’s suppose that there is a big age difference between the couple — and that they have a child.

In that case, if one spouse is taking care of a child who is younger than age 16 or disabled and receiving Social Security benefits, he or she gets full (one-half) benefits, regardless of age.

Please note that a Social Security spousal benefit may be reduced if either the husband or wife receives a pension from a federal, state or local government based on work where he or she did not pay Social Security taxes.

If you would like to get a better idea of your own situation, we would recommend visiting our benefit planners website at www.socialsecurity.gov.

There you can find more detailed information and use various calculators to tailor benefit estimates to your own situation.



INFORMATION
Security Begins With You!


The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Be secure. Communications when discussing classified or sensitive information. Possible email and word messages. Documents, correspondence and emails appropriately. Practice good computer security when accessing the Internet. Our enemies like to spy on you and understand better. Don't let them. With common sense, you can keep us safe.

OFFICERS CLUB OF CONNECTICUT.						
Hartford, CT (860) 249-3634						
December 2004						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Club Holiday Party Friday Dec 3, 6 PM Special treats, Music			1	2 6 pm Vertex Party	3 6 PM O'Club Holiday Party Hors d'oeuvres & carving stations Music by Higher Ground \$10 Per Person Call reser	4 Hq JTF Drill
5 Hq JTF Drill Holiday Party	6	7 7-9 AM Departmt of Education Awards Breakfast	8 First Day of Hanukkah	9 5 PM Dept of Mental Retardation Holiday Party	10 6 PM Hartford Courant Holiday Party	11
12	13	14	15 8 - 9:30 AM Fund- Raiser Gayle Slossberg	16 12 N MOAA Lunch 5:30 PM Bd of Gov Meeting 6 PM NavyReserve Holiday Party	17	18
19	20	21 First Day of Winter 12 N Ladies O'Club Lunch	22 12 N Virginia (10)	23	24 CLUB CLOSED AT 2 pm	25 Christmas Day CLUB CLOSED
26 First Day of Kwanzaa;	27 O'Club closed for week	28 O'Club closed for week	29 O'Club closed for week	30 Reopen January 3,	31 Happy Holidays to all our Members, Bob & Jim, Saul, Sue, Jack, Bella & all employees	Jan 1, 2005 Christening 1 PM
Club Holiday Party December 3rd 6PM \$10 per person Enjoy Holiday Treats & Music by Higher Ground Singing & Dancing Reserve Please 249-3634						

OFFICERS CLUB OF CONNECTICUT
Hartford Armory,
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*The Management and Staff of
The Officers Club of Connecticut*

*wishes all its members and the Soldiers and Airmen
of the Connecticut Army and Air National Guard
and their families a Joyous and Happy Holiday
and a Happy and Healthy New Year*



Roche submits resignation

TECH. SGT. DAVID A. JABLONSKI
AIR FORCE PRINT NEWS

Secretary of the Air Force Dr. James G. Roche announced his resignation Nov. 16.

"I'm honored to have served the president, the secretary of defense and the terrific Airmen I've come to know and love in the past few years as the secretary of the Air Force," he said. "I've served with talented active, Guard, Reserve and civilian Airmen who are successfully countering new threats to our nation through their innovation and creativity. I'm proud to call myself an Airman."

Roche submitted his letter of resignation voluntarily. He left private industry to serve his country and the Air Force. He leaves the Air Force now so that his resignation may free-up nominations of Air Force general officers that have been on hold in Congress.

During his tenure, Roche spearheaded many initiatives to improve the quality of life for Airmen and the capabilities of the Air Force, such as increasing opportunities for master's degree programs for enlisted



Air Force Secretary Dr. James G. Roche submitted his resignation Nov. 16. Secretary Roche said he plans on leaving his position Jan. 20 or sooner if his successor is confirmed by the Senate by then. He has led the Air Force since 2001. (U.S. Air Force photo by Master Sgt. Jim Varhegyi)

Airmen. Recapitalization and modernization program improvements under his watch included the F/A-22 Raptor, weaponizing the RQ/MQ-1 Predator unmanned aerial vehicle, equipping the B-52 Stratofortress with the LITENING pod, delivering the remotely piloted Global Hawk and the Joint Direct Attack Munition.

"Dr. Roche has led the Air Force through one of the most remarkable periods in our nation's history," said Air Force Chief of Staff Gen. John P. Jumper.

"It has been my honor to serve side-by-side with him since the terrorist attacks on Sept. 11, 2001. During his tenure he has made each and every Airman his priority. His unrelenting resolve to adapt our force, to counter new and resilient threats to our nation, has guaranteed America's Air Force remains the greatest in the world. His compassion for the sacrifices made by our Airmen and their families is known across the Air Force. Indeed, the men and women of the Air Force family will remember him as a leader, friend and, most of all, as an Airman."

Among other accomplishments, Roche instituted an agenda for change to improve the staff and cadet culture at the U.S. Air Force Academy following reports of sexual assault. His air and space expeditionary force concept improvements linked professional military education to AEF rotation dates, reorganized deployable unit type codes and delivered base opening capability packages.

Roche's concept of operations rationale transitioned the Air Force from a platform-based to a capabilities-based focus. His quality-of-life initiatives for Airmen reduced out-of-pocket housing expenses, yielded targeted pay raises, and resulted in large-scale base housing renovations and the one-plus-one dormitory concept.

Before his appointment, Roche held several executive positions with Northrop Grumman Corp., including corporate vice president and president, electronic sensors and systems sector.

Before joining Northrop Grumman in 1984, he was democratic staff director of the U.S. Senate Armed Services Committee. Roche's military service spanned 23 years in the U.S. Navy where he retired as a captain in 1983.

New Secretary of the Army sworn in

OASD PUBLIC AFFAIRS PRESS RELEASE

Dr. Francis J. Harvey was sworn in Nov. 19 at the Pentagon as the 19th Secretary of the Army.

"This is a great honor for me. My top priority will be to serve our Soldiers, civilian employees and family members of the Active Component, Army Reserve and Army National Guard. I look forward to working with the Secretary of Defense, the Army Chief of Staff, Gen. Pete Schoomaker, and the Army senior leadership as we fight the Global War on Terrorism while continuing to transform the force," Harvey said.

The Senate confirmed President Bush's nomination of Dr. Harvey Nov. 16.

"It's great to have Dr. Harvey on board as our Secretary. Dr. Harvey has a wealth of experience leading large organizations with diverse work forces, managing major programs and leading technology development. His education and industry experience will serve us well as he leads our Army in this window of strategic opportunity," said Schoomaker, the Army chief of staff.

As Secretary of the Army, Secretary Harvey has statutory responsibility for all matters relating to Army manpower, personnel, reserve affairs, installations, environmental issues, weapons systems and equipment acquisition, communications, and financial management. Harvey is responsible for the department's annual budget of \$98.5 billion. He leads a work force of over one million active duty, Army National Guard, and Army Reserve Soldiers, 220,000 civilian employees, thousands of contractors, and has stewardship over 15 million acres of land.

Harvey succeeds Les Brownlee, who served as the acting Secretary of the Army for the past 18 months.

Prior to his appointment, Harvey was a business executivewith broad experience centered on the defense industry. He held various professional, management and executive positions within the Westinghouse Corporation from 1969 to 1997, including President of the Electronics Systems Group, President of the Government and Environmental Services Company, and Chief Operating Officer of the \$6 billion Industries and Technology Group. Most recently Harvey was a Director and Vice Chairman of Duratek, a company specializing in treating radioactive, hazardous, and other wastes. In his career he has been involved in one or more phases of over 20 major Department of Defense programs.

Harvey earned his doctorate in Metallurgy and Material Sciences from the University of Pennsylvania and his Bachelor of Science at the University of Notre Dame in Metallurgy Engineering and Material Science. He was a White House Fellow in the U.S. Department of Defense in the late 1970s.

Harvey succeeds Les Brownlee, who served as the acting Secretary of the Army for the past 18 months.

"I want to take this opportunity to express my gratitude to Secretary Les Brownlee for his leadership and stewardship of the Army over the past 18 months. I speak for the entire Army family when I say his tireless efforts - to build a campaign-quality Army with joint and expeditionary capabilities, to equip our Soldiers with the best equipment and to improve their quality of life - will have an impact on the Army and ensure we remain relevant and ready for decades to come," Schoomaker said.



Secretary of Defense Donald Rumsfeld congratulates Secretary of the Army Francis J. Harvey after his swearing in Nov. 19. Raymond DuBois, director of administration and management, left, administered the oath. (Photo by Staff Sgt. Carmen L. Burgess)

**For deployment-related
questions
call
1-800-858-2677**



Military Matters



Should I get a flu shot? *Who should and what kind should you get?*

According to the Centers for Disease Control (CDC), flu season usually lasts from November through April, but can start as early as October and last all the way through May.

The best time to get a flu shot is in October or November, since it takes approximately two weeks from the time of vaccination for the body to develop the antibodies needed to protect against the flu.

It is important to get a flu vaccine every year because the types and strains of viruses contained in the vaccine change from year to year.

In some years, a shortage of available vaccinations means that only groups that are at a higher risk of contracting the flu should receive a vaccination.

Groups that typically have priority include:

- Children between the ages of six months to two years
 - Adults over the age of 65
 - Individuals with underlying chronic medical conditions
 - Pregnant women
 - Nursing home and long-term care facility residents
 - Children between the ages of six months and 18 years who are on chronic aspirin therapy
 - Health care workers
 - Caregivers and other individuals with frequent exposure to children under the age of six months
- If you fall into one of the above groups, you should contact your health care provider to ask about receiving the flu vaccine.
- If you do not fall into one of the above groups, and are an otherwise healthy

individual between the ages of five and 49 years, you should contact your health care provider to get more information about the nasal-spray flu vaccine. The nasal-spray flu vaccine is not recommended for pregnant women.

In addition, there are certain groups of people who should not receive the flu vaccine.

These groups include:

- Individuals who are severely allergic to eggs
 - Individuals who, during a six week period after receiving the influenza vaccine in the past, experienced the onset of Guillain-Barré syndrome
- It is important for anyone receiving the flu shot to be aware of the following possible side effects:
- Soreness, redness, or swelling where

the shot was given

- Fever (low grade)
- Aches

Finally, due to factors such as your health at the time of the vaccination as well as the differing types of flu viruses currently circulating, it is possible for a vaccinated individual to contract a different strain of the flu.

However, people who are at high risk of developing complications from the flu should continue to receive yearly flu vaccinations.

For more information about the flu or the availability of the flu vaccination, visit the CDC Web site at www.cdc.gov or call (800) 232-2522.

Call us for the support that you need. 1-888-290-4EAP (TDD: 1-800-697-0353) or go to www.GuidanceResources.com, agency ID: FEDSOURCE

Education Essentials: *Fees, Tuition Assistance improved; freebies still offered*

FY04 FEES

For those who have FY04 fees that need to be paid, the Education Office will cover up to \$500. First come, first served. Open to all Soldiers.

Federal TA now 100 percent

Effective Oct. 1, 2004, Federal Tuition Assistance program will align more closely with that of the Active Army and USAR Federal TA programs. Under the terms of the new program, 100 percent of Tuition Costs up to \$250.00 per semester hour is covered for eligible soldiers. Tuition and fees will be limited to a \$4500.00 aggregate per person per fiscal year. For further information contact the Education office at 860-524-4816/4820.

MGIB Rates for FY 05

The new rates for Chapter 1606 and Chapter 30 have been announced by the Veterans Administration. They are as follows:

Chapter 1606 – Selected Reserve	
Full Time	\$288.00
¾ Time	\$216.00
½ Time	\$143.00
¼ Time	\$71.75
1606 Apprentice/On the Job Training	
1st 6 months	\$216.00
2nd 6 months	\$158.40
Remaining	\$100.80
Chapter 30 – Active Duty	
Full Time	\$1004.00
¾ Time	\$734.00

½ Time	\$502.00
¼ Time	\$251.00
Chapter 30 - less than 3 yrs Active Duty	
Full	\$816.00
¾ Time	\$612.00
½ Time	\$408.00
¼ Time	\$204.00
Chapter 30 Apprentice/On the Job Training	
1st 6 months	\$753.00
2nd 6 months	\$552.20
Remaining	\$351.40
Chapter 30 – less than 3 yrs Active Duty	
1st 6 months	\$612.00
2nd 6 months	\$448.80
Remaining	\$285.60

DANTES Testing and Certification
Programs motivate, educate, and provide options to Soldiers and their spouses

The Defense Activity for Non-Traditional Education sponsors a variety of programs for eligible ARNG soldiers, spouses and civilian employees.

Many examination programs are cost free and offer the opportunity to earn college credit without sitting in a classroom.

Entrance examination programs and supporting materials allow soldiers to begin or continue their education.

Certification testing can help you document your professional achievement in a defined occupation; achieve national recognition of your qualifications to perform specific technological tasks; and enhance job opportunities and validate your military

training to meet national occupational standards.

Troops to Teachers provide assistance to individual's interest in pursuing a teaching career. The examination, certification, and teaching programs are explained in more detail:

Professional Certification

DANTES has agreements with approximately 60 nationally recognized certification associations. Certification examinations document a person's level of competency and achievement in a particular area.

Military personnel may already have the experience and knowledge required to gain certification in their occupation specialty.

http://www.dantes.doded.mil/dantes_web/certification/index.htm

Examination Programs

DANTES sponsors a wide range of examination programs to assist service members in meeting their educational goals.

They include the GED, ACT, SAT, DSST, CLEP, ECE, GRE, GNAT, PRAXIS, and LSAT. ARNG soldiers, their spouses, and ARNG Federal Civilian Employees qualify for this benefit.

Servicemembers and spouses can take compute-based College-Level Examination Program (CLEP) exams at college test centers across the United

States. The \$50 CLEP examination fee is covered by a contract between the College Board and DANTES. If testing on campus, examinees must simply pay the testing college's registration fee of about \$15.00. Spouses are also eligible for this benefit. They will have to pay up front for this benefit, and will be reimbursed for the testing fee, not the registration costs.

<http://www.dantes.doded.mil>

Troops to Teachers

The purpose of TTT is to assist eligible military personnel to transition to a new career as public school teachers in "high-need" schools.

A network of State TTT Offices has been established to provide participants with counseling and assistance regarding certification requirements, routes to state certification, and employment leads.

The TTT homepage provides information and resource links, including a job referral system to allow participants to search for job vacancies as well as links to state Departments of Education, state certification offices, model resumes, and other job listing sites in public education.

http://www.dantes.doded.mil/dantes_web/trooptoteacher/index.htm





COMMAND SGT. MAJ.
RAYMOND P. ZASTAURY

Enlisted Update

Happy Holidays

As we enter the Holiday Season, I ask that all Connecticut National Guard Soldiers and Airmen that are fortunate to spend these joyous times with their loved ones, to join with me and remember our brothers and sisters that are currently separated from their families because they are serving our state and country far from home.

Keep in your prayers the members of the 118th Medical Battalion, Co C 1/102nd Infantry and the 143rd Area Support Group that are currently deployed and Co B and Co D 189th Aviation, 141st Medical Company and the 208th Personnel Service Detachment who are at Mobilization Stations preparing for deployment. They must remain in our thoughts and prayers until they return home safely.

To those Soldiers and Airmen that were deployed last year during the Holidays I wish you and your families a Happy Holiday Season and thank you again for your service.

During this Holiday Season I ask all Soldiers and Airmen to drive safely and not to drink and drive. Please buckle up your seat belts every time you get in your vehicle. Too many lives are lost because of drunken drivers and failure to wear seat belts. Do not become a statistic.

During the upcoming New Year, I encourage all the senior enlisted Soldiers and Airmen to care for and mentor your junior enlisted members. These young men and women are the future of our organization.

Senior NCOs must teach, train and prepare our future leaders with the skills that will enable them to deploy and redeploy as a highly proficient, professional and skilled force. The senior

NCO must take the time to know his or her junior enlisted Soldiers and Airmen.

In my discussions with many redeployed senior NCOs some have told me that they wished they knew more about their junior enlisted members prior to deployment. Knowing more about the junior enlisted and their family would have helped the senior NCO communicate and work together.

The traditional working together one weekend a month and two weeks in the summer is much different than deploying and then living and working together every day for an extended period of time. Then it becomes a real eye-opening experience for everyone involved. Some dealt with it well and others found it hard to cope with the situation.

Don't wait until your unit deploys to get to know your people. Then it is too late to establish a good personal and working relationship. It is up to us as the senior NCOs of the Connecticut National Guard to motivate our Soldiers and Airmen to perform their duties in an exemplary manner.

I think it is appropriate and important to remember the Army Values while Connecticut National Guard members continue to perform their duties in an outstanding manner to defend the United States and the State of Connecticut in the Global War on Terrorism. They are Loyalty, Duty, Respect, Selfless-Service, Honor, Integrity and Personal Courage. I believe these are values that all people, Military and Civilian alike, would do well to live by each and every day.

Teresa and I would like to wish all Connecticut National Guard Soldiers and Airmen and your families a very Happy and Safe Holiday Season. God bless you all and God bless the United States of America.

Happy Holidays from our family to yours!



Have a safe and healthy New Year!

Perspectives

The military and the holidays are steeped in tradition. What are your favorite military and holiday traditions?

SPC. SHELVEYJOYEL DAVIS
HSC 143rd FSB

I love seeing the changing of the guard at the Tomb of the Unknown Soldier at Arlington cemetery. As far as military traditions go it is the most beautiful ceremony I have seen.

My favorite holiday tradition is my Dad's sweet potato pie. He makes it every year and there's nothing better than piece of sweet potato pie after the Christmas meal.



SGT. 1st CLASS RICHARD MAZIARZ
208th PSD REAR DETACHMENT

My favorite military tradition is seeing the younger kids grow up in the organization and seeing them get promoted. There is a tradition of the senior soldier taking care of the younger soldiers.

My favorite holiday is Christmas. There's nothing better than being with family on Christmas Day.



MASTER SGT. OSCAR ROSADO
JFHQ

Definitely the NCO Dinning In. It brings NCO's both currently enlisted and retired together once a year. We can get the whole NCO family together and allows us to keep in touch with each other.

My favorite holiday tradition is the Christmas season. It brings families together and brings out unity in people. People just seem to care about each other more.



SPC. MARY ROSA
HSC 143 FSB

My husband is an infantry soldier with the 1104th infantry. My favorite tradition is the Regimental Balls. They're very formal and they tell the history of the regiment and why they wear the lanyards.

My favorite holiday tradition is Christmas dinner. We have traditional foods and my favorites are the pasteles. They are a traditional Hispanic pastry.



SGT. VANI ECHEVANRIA ("SGT. E")
HSC 143 FSB

Veterans Day is my favorite military tradition. It's a time to honor those that have come before us and to honor our fallen comrades.

My favorite holiday is Thanksgiving. It's a time to be thankful for what we have and remember what we sacrifice to have the life we do.



Homefront

In defense of Connecticut’s children: *Shaping the Battlefield*

1ST LT. CHRISTOPHER D. MORGAN
DRUG DEMAND REDUCTION ADMINISTRATOR

One of the many mottos of the Engineer Corps is “We Shape the Battlefield.”

In Iraq, engineers are working hard to restrict the movement of the enemy by constructing various and unique obstacles.

Simultaneously, engineers are constantly working to safeguard Coalition troops by upgrading force protection standards and increasing overall survivability.

Back home, if youth ignorance is a high speed avenue of approach for drug pushers, than drug awareness is the perfect obstacle. If a lack of knowledge makes you vulnerable, than education is the body armor needed to make for a more survivable environment.

The Connecticut National Guard Counterdrug program is taking this attitude and spirit into New Britain as we continue our part in the war on drugs and help to “Shape the Battlefield.”

Specifically, Counterdrug is supporting the New Britain “Weed and Seed” program by lending its expertise in coordinating, resource planning, role modeling and training.

Our main effort, to date, started on Nov. 1 when we helped launch an after school

initiative utilizing a computer lab equipped with various educational programs.

The computer lab is a safe-haven for youth run by a Connecticut Guardsman where they can receive assistance with their homework from either the Guardsman or two student volunteers from Central Connecticut State University who are studying to be teachers.

By providing a safe-haven for New Britain youth where they can work on their academic skills in the presence of caring committed role models, we are not only restricting the movement of the enemy but we are also “hardening” these kids to the lure of drugs and drug dealers alike.

The response has been overwhelming with more kids participating than the number of computer stations available.

Our promising start is just the beginning of what we hope will become a broader campaign. By combining our efforts with “Weed and Seed” of New Britain we hope to permanently “bridge the gap” for these kids from the front lines of the war on drugs to a better and safer life.

If you have any questions about other Drug Free events or Educational & Leadership Programs please call @860-493-2724 and ask for 1st Lt. Christopher Morgan.

Chaplain’s *People know you by the trail of lights you leave*

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CHAPLAIN KEVIN P. CAVANAUGH

Before the age of electricity city streets were lit after dark by gas lamps. Lamplighters went about each night lighting the lamps with a flaming torch. One night when he was advanced in age the 19th century British writer John Rushkin was seated by a window in his house.

Across the valley was a street on a hillside. There the old man could see the torch of the lamplighter igniting the lamps as he climbed the hill. Because of the darkness however Rushkin could not see the lamplighter. He could only see the torch and the trail of lights left behind.

After watching for a while, Rushkin pointed to the trail of lights and commented to a friend sitting next to him. “That lamplighter is a good example of how Christian men and women should live. You may never have seen them. But you know they passed through the world by the trail of lights they left behind.”

What John Rushkin said about Christian men and women in the 1800’s can also be said about each of us. People will know

that we have passed through the world by the trail of lights that we leave behind. Although the advances of science and technology have made the nightly stroll of the lamplighter an entry in the pages of history, we still have the opportunity to light the hearts and touch the lives of those that we come into contact with on a daily basis. Our goal is not to light a mechanical flame that burns till dawn, but to brighten the minds and the hearts of those people whose lives we touch each day.

At Christmas we welcome Jesus, who is the Light of the World. He comes not only to bring us His light, but to challenge us to share that light with one another. When the carols stop and the decorations disappear we keep Christmas alive by bringing His light to those we encounter every day of the year.

*I shall pass through this world but once,
Any good I can do, or any kindness
that I can show any human being,
let me do it now and not defer it.
For I shall not pass this way again*

Stephen Grellet

Local heroes sought by American Red Cross

Less than two months remain to nominate your hero

The Charter Oak Chapter of the American Red Cross is seeking nominations from the public for local heroes in the 83 towns served by the chapter.

Those individuals who know an everyday person who has done something extraordinary are encouraged to nominate them for possible recognition at the 6th annual Heroes Recognition Gala (formerly the Heroes of Greater Hartford breakfast). For the first time, this event will be held during March, which is Red Cross Month, and will transition from a breakfast to an evening dinner gala.

Community heroes are ordinary people who have made a difference – from saving a life to dedicating countless hours to a special cause. This year, one hero (or group) will be selected in each of the following ten categories:

- Law Enforcement
- Fire Fighter
- Medical
- Military
- Adult Good Samaritan (21 years and older)
- 911 Dispatch
- Youth Good Samaritan (under 21 years)
- Animal (person who aids an animal(s) or vice versa)
- Adult Community Impact (person 21 years and older is involved in a project or ongoing effort that directly impacts the community)
- Youth Community Impact – new category – (person under 21 years is involved in a project or ongoing effort that directly impacts the community)

Nomination forms are available online at <http://CharterOak.RedCross.org>. They can also be obtained by calling the Red Cross at (860) 678-2813.

Hero nominees must either live, work or attend school in one of the towns* served by the Charter Oak Chapter OR have

performed the heroic act in one of these towns*. Anyone can nominate a hero for an act that occurred between August 16, 2003 and December 31, 2004. All nominations must be received by December 31 to be considered!

The concept for the Heroes Recognition Gala grew from a desire to develop an event that was closely related to the mission of the American Red Cross – providing relief to victims of disasters and helping people to prevent, prepare for, and respond to emergencies. Last year’s breakfast attracted more than 500 guests who came together to celebrate this spirit of humanitarianism, honoring individuals who have shown courage, kindness and unselfish character through their acts of heroism in our local communities. Among them were a teenage lifeguard who risked his life to save a young boy from drowning, and a local construction contractor who volunteers numerous hours to improve and fix the dilapidated homes of many local, low-income families.

*The Charter Oak Chapter proudly serves the communities of Andover, Ashford, Avon, Barkhamsted, Bloomfield, Bolton, Bozrah, Bristol, Brooklyn, Burlington, Canterbury, Canton, Chaplin, Colchester, Colebrook, Columbia, Coventry, Eastford, East Granby, East Hartford, East Lyme, East Windsor, Ellington, Enfield, Farmington, Fisher’s Island, N.Y., Franklin, Glastonbury, Granby, Griswold, Groton, Hampton, Hartford, Hartland, Hebron, Killingly, Lebanon, Ledyard, Lisbon, Lyme, Manchester, Mansfield, Marlborough, Montville, New Hartford, Newington, New London, Norfolk, North Canaan, North Stonington, Norwich, Old Lyme, Plainfield, Plymouth, Pomfret, Preston, Putnam, Rocky Hill, Salem, Scotland, Simsbury, Somers, South Windsor, Southington, Sprague, Stafford, Sterling, Stonington, Suffield, Thompson, Tolland, Union, Vernon, Voluntown, Waterford, Wethersfield, West Hartford, Willington, Winchester, Windham, Windsor, Windsor Locks and Woodstock.

Visit the

Connecticut Guardian

on-line at

www.ct.ngb.army.mil

Training never stops: Even during an ORE/ORI ramp up



Maj. Carole Wilson, 103rd Medical Group, who is directing the Self Aid and Buddy Care portion of the Exercise Evaluation Team activity reviews exercise objectives with team members November 5 at the dining hall on Bradley Air National Guard Base. The 103rd Fighter Wing conducted an Operational Readiness Exercise November 6 and 7 in preparation for an Operational Readiness Inspection scheduled for April 2005. (Photo by Maj. George Worrall, 103rd FW)

Air Force prohibits e-mail extras

MICHAEL BRIGGS
12TH FLYING TRAINING WING PUBLIC AFFAIRS

People who like to include fancy signature blocks, thoughtful quotations, colorful backgrounds or cute clip art in the e-mails they send should stop doing so immediately, according to Air Force officials.

In the new Air Force instruction that governs electronic messaging, such extras are prohibited as they may not present a professional image and can take up too much bandwidth, thereby clogging up and slowing down the e-mail system, said Mary Caudell, lead for messaging services at the 12th Communications Squadron here.

The revision of AFI 33-119, Air Force Messaging, released Oct. 27, states in paragraph 3.7, "Users will not add slogans, quotes, special backgrounds, special stationeries, digital images, unusual fonts, etc., routinely to their official or individual electronic messages. Users must consider professional image and conservation of Air Force network resources (bandwidth)."

With more than 11,000 customers using network services at Randolph alone, Caudell said the amount of electronic message traffic is "astronomical" here, and users must follow standards.

"Part of the rationale for revising the AFI was electronic messaging started to detract from the Air Force mission," she said. "The new AFI provides guidelines designed to keep messages as professional and uniform as possible."

Following the guidance in the regulations that govern communications, the standard

for message text and signature blocks is 10- or 12-point font. Also, all official electronic messaging will include "//SIGNED//" in upper case before the signature block to signify it contains official Air Force information, according to AFI 33-119.

The guidance provided in the revised AFI serves as a reminder to users about where they work, Caudell said.

"Most people spend a lot of time on their computers at work, and many have started to use the system as if it were their home system," she said. "We all need to remember we are on government computer systems and must use our computers appropriately."

Season's
Greetings
from the staff
of the
Connecticut
Guardian



AWARD
categories

- ✦ Fire Fighter
- ✦ Law Enforcement
- ✦ Medical
- ✦ 911 Dispatch
- ✦ Adult Good Samaritan
21 years & older
- ✦ Youth Good Samaritan
Under 21 years
- ✦ Military
- ✦ Animal
Person who aids/saves
an animal(s) or vice versa.
- ✦ Adult
Community Impact
Person (21 years & older) is
involved in project or ongoing
effort that directly impacts
the community.
- ✦ Youth
Community Impact
Person (under 21 years) is involved
in project or ongoing effort that
directly impacts the community.

<http://CharterOak.RedCross.org>

THE CHARTER OAK CHAPTER OF
THE AMERICAN RED CROSS
IS LOOKING FOR

COMMUNITY HEROES.



**American
Red Cross**

*Heroes
Recognition
Gala*

NOMINATE SOMEONE WHO HAS MADE
A DIFFERENCE IN YOUR COMMUNITY.

Contact the Charter Oak Chapter of the American Red Cross
to nominate your local hero today!

AMERICAN RED CROSS 860.678.2813

DEADLINE FOR NOMINATION IS DECEMBER 31

design: Trimerous — www.trimerous.com

Guarding Your Rights

Legal Affairs: *Giving & receiving holiday gifts*

CAPT. TIMOTHY TOMCHO
SJAG OFFICE

During the holidays, many military personnel hold and attend parties, gatherings and receptions involving food, drink, and gifts.

Most military personnel understand the restrictions placed upon them in relation to the "food and drink" aspect of holiday gatherings.

Restrictions placed on gifts, however, often tend to be less understood.

The following "gift guidance," excerpted from the Department of Defense Standards of Conduct Office's Holiday Guidance, may prove beneficial in answering many "gift questions."

Gifts from Non-military Personnel

The general rule is that military personnel may not accept gifts that are given to them solely because of their military membership. There are exceptions to this general rule.

- Military personnel may accept gifts (other than cash) *not exceeding \$20*, so long as the total value of gifts accepted from a

single gift source (a giver) does not exceed \$50 for the year.

- Military Personnel may generally attend an open house or reception, and accept a gift of refreshments, if it is a widely-attended gathering and the commander has determined that such attendance is permissible and approved attendance.

- Military personnel may accept invitations that are open to the public, all Government employees, or all military personnel.

- Military personnel may accept invitations offered to a group or class that is not related to military status. (For example, if your landlord, who is also in the military, throws a reception for all of his or her tenants.)

Gifts Between Military Personnel

The general rule is that military personnel may not accept a gift from a subordinate or a military member who receive less pay. There are exceptions to this restriction.

- For the holiday (a once-a-year event), military personnel may accept a gift (other than cash) *of \$10 or less from a subordinate.*

- Military personnel, regardless of rank, may accept food and refreshments shared by all personnel in the unit.

- If invited by a subordinate to a social event at the subordinate's residence, superiors may accept such personal hospitality of the type and value customarily given on such an occasion.

- If a subordinate is invited to a social event at the superior's residence, the subordinate may give the supervisor a hospitality gift of the type and value customarily given on such an occasion.

No gift should be given or accepted with the expectation of some return favor or reward. When contemplating whether to give or accept a gift, the option to decline is usually the "best" course of action. Please remember that this gift guidance only highlights common questions. It does not cover every situation.

If unsure of whether to give or accept a gift, contact your servicing judge advocate for an ethics opinion.



NGACT: Working for you

WILLIAM CUSACK
PRESIDENT, NGACT



(Editor's Note: The information for this column comes from the Nov. 12 issue of LEGIT, a publication of the National Guard Association of the United States.)

CONGRESSIONAL ACTIONS:

Employee Tax Credit

A tax credit for National Guard employers has a second chance of being passed. The language which was stripped from the JOBS bill received attention when Sen. Mary Landrieu (D-LA) staged a filibuster in the Senate in order to have the tax credit language restored. As a compromise, the Senate sent the tax credit language to the House as a separate bill (H.R. 1799).

NGAUS attended a meeting hosted by Rep. Jim McGovern (D-MA) to discuss a strategy for H.R. 1779. The goal is to get this bill on the House suspension calendar in time for next week's reconvening of Congress. This means the bill will come up for consideration, with limited debate time, and will be passed or failed by a yeay/nay vote. The only person that can place a bill on the suspension calendar is the Speaker of the House, Dennis Hastert (R-IL).

NGAUS is working with EANGUS and the Military Coalition to put pressure on House leadership to get this bill up for a vote. Should the House pass this bill, it would send an important message of support and encouragement to members of the National Guard and their employers.

If you would like to have the Bill pass, you are urged to call the office of Speaker Hastert and ask him to put H.R. 1799 on the calendar. You can contact the Speaker through the NGAUS web page, www.ngaus.org

Appropriations Issues

When the 108th Congress reconvenes next week, they must address the issue of the national debt ceiling. Some experts expect Republican leaders to add language to the omnibus spending bill which will allow an increase in the national debt. Adding this language could diminish support for the bill, especially among fiscal conservatives who want to hold the FY 2005 Appropriations at \$821.9 billion. Treasury Department officials have told Congress that they must pass approval of an increase in the \$7.4 trillion debt limit to avoid disrupting the government's ability to borrow.

Appropriations to fund the war in Iraq will likely dominate the 109th Congress when it convenes next year.



RONALD E. LEE, 1ST SGT. (RET.) USAR
CT-ESGR PUBLIC AFFAIRS CHAIRMAN

As with everyone who is serving in the military, November was a busy month for the Connecticut Committee for Employer Support of the Guard and Reserve (CT-ESGR). We met with employers and concerned citizens at the Hartford Fall Home Show, supported the Hartford Veteran's Day Parade, Veteran's Day Ceremonies and the Middlesex County Chamber of Commerce Veteran's Recognition breakfast which was attended by many military dignitaries from several branches, Commissioner of Veterans Affairs Linda Schwartz and several members of CT-ESGR as well as more than 600 chamber members.

Congressman Rob Simmons was the guest speaker and, as always, he was extremely supportive and understanding of those who serve in the armed forces.

The breakfast was followed by a training session given by CT-ESGR to interested chamber members/employers. CT-ESGR Executive Director Tony Vallombroso gave an overview of what ESGR is and does as well as Rights and Responsibilities under USERRA.

The briefing was followed by a question and answer period and many of the employers resoundingly pointed out that they support their employees who serve in the Guard and Reserve but mentioned that the lengthy duration of the deployments has been taking its toll.

Help yourself by helping your employer

This brings to mind an article recently circulated by the Reserve Officers Association wherein it stated that "87 percent of Reserve Officers are concerned that their civilian careers will be jeopardized by their military service. Of that 87 percent, 55 percent indicated that they are "VERY" concerned. Only 31 percent felt that their job would be secure while they are deployed. And close to 70 percent had concerns for their family's financial security while deployed. Nearly 60 percent have indicated that they have already encountered problems with their employers. Another survey found that civilian job supervisors' support dropped 10 percentage points to a 59 percent average."

Does this sound familiar to you? DON'T BLAME THE EMPLOYERS. GET INVOLVED! For some time now, CT-ESGR has taken advantage of every available opportunity to point out that employers are the unsung heroes of this conflict.

You have been asked to consider nominating your employer for a "My Boss is a Patriot" award through the ESGR however relatively few have done so. ESGR's primary mission is to work for you, helping members of the Guard and Reserve keep their jobs.

But where is the GUARD AND RESERVE SUPPORT OF THE EMPLOYER? Except for those few "attaboys" there isn't any. There have been many more good news stories than bad news stories about employers,

especially in Connecticut.

There is something you can do to support your employer. There is a bill that passed the Senate and is currently at the House (HR 1779), that will provide small businesses (50 or less employees) with a 50 percent tax credit on any pay differential they pay activated reservists up to \$15,000 per employee. They would receive another \$6,000 in tax credits to help offset the cost of hiring temporary workers to fill in for activated employees. (Employees must be activated for at least six months). There are some other great provisions in the bill, including penalty-free withdrawals from individual retirement accounts. This is just good-sense stuff and a reminder that the employer goes to war with the soldier and the soldier's family.

YOU CAN HELP GET THIS LEGISLATION PASSED, BUT YOU NEED TO ACT NOW! This is what you can do:

1. Call, fax and/or e-mail the Speaker of the House, Congressman Dennis Hastert, and tell him that you want HR 1779, as amended by the Senate, placed on the "suspension calendar." (dhastert@mail.house.gov/(202) 225-0600/FAX: (202) 225-0697)

2. Call your local Congressman and ask him or her to contact Speaker Hastert and ask that HR 1779 be placed on the "suspension calendar."

See ESGR Page 25

See NGACT Page 25

Inside OCS

Training officer candidates to lead from the front

OC JOHN PHELAN
OCS CLASS 50

The focus of Officer Candidate School is to mold today's aspiring Soldiers into tomorrow's future leaders. Leaders are made, not born. That has been a clear message, given by our TAC Officers, to myself and my fellow Officer Candidates while attending Officer Candidate School at Camp Rell. Regardless of past military experience, former rank, MOS, or which unit you were formally attached to, your survival at OCS relies on your ability to lead from the front.

This point was constantly stressed to all who attended Phase 1 in July and continues to be as we continue to drill within our Phase 2 status. Unlike most Officer Candidate at Phase 1, I had very little prior military experience to base my leadership ability upon. Eight days prior to my arrival at Camp Rell for Phase 1, I was graduating from Basic Combat Training and Infantry School at Fort Benning, GA.

Without any significant prior experience in leading within the military framework, my ability to lead from the front was based on my ability to follow Army doctrine, be able to delegate tasks to subordinates and

overcome challenges by adapting to the given situation. More importantly, I listened to my fellow Officer Candidates and TAC Officers because part of being a successful leader is learning from not only your own mistakes, but from the mistakes of others. Army leaders are made, not born.

Officer Candidate School Class 50 lives by the standard "train hard, fight easy." OCS is designed to produce leaders that are capable of leading men and women in a wartime atmosphere because our present position in the world today dictates that to be the standard. The only way this will be possible is if we fail in a peacetime setting and learn from our mistakes with the guidance of our TAC staff.

It is understood that the stakes are infinitely higher in Iraq and Afghanistan. The cost of making a mistake in training is to be physically or verbally reprimanded. The cost of making a mistake in war will ultimately cost American Soldiers their lives.

Therefore, we train within a framework that puts high levels of stress on our minds and bodies. Road marches and runs must be completed within a time limit.

To be early is to be on time, to be on time is

to be late, and to be late is unacceptable. We must score 70 percent or higher on all academic exams. Physical training is executed with a high level of motivation.

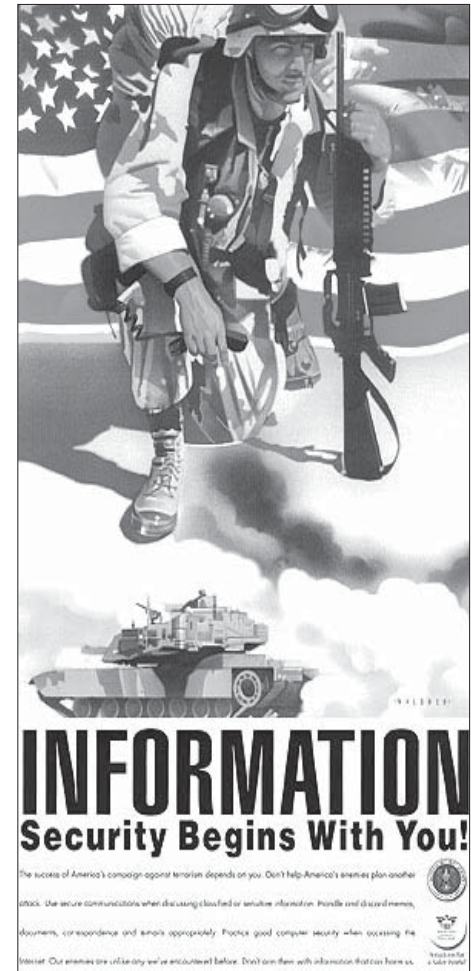
Knowledge learned within the classroom must be applied to given situations set forth by our TAC officers. Details must be accomplished. Tasks must be delegated down through the chain of command. Meals are eaten first and tasted later.

Failure is not an option.

We train as hard as possible in a peacetime setting, so that if we are ever called to arms, we will be willing and able to lead our brave American Soldiers successfully in combat.

Today's officer candidates face a reality that they will soon be leading American Soldiers in combat. The likelihood that members of OCS Class 50 will step foot on foreign soil to lead Soldiers in defense of the American way of life is very much a reality. But, make no mistake about it, we will be ready.

** If you are interested in applying for a spot in OCS Class 51 and you have questions or would like further information please do not hesitate to contact OC John Phelan at jphels12@yahoo.com]*



Why Diversity?

ASPIRA students attend leadership weekend

SPEC. IVETTE ROSARIO
EEO SPECIALIST

On a Friday morning, fifty two students and staff from Hartford, Bridgeport, New Britain and Stamford, had the opportunity to participate in a personal development and leadership seminar that took place on Oct.

29 and 30 and was hosted by the Connecticut National Guard.

The students who attended the Young Leaders Program are members of ASPIRA of Connecticut. Aspira of Connecticut fosters the education and positive leadership development of Puerto Rican/Latino and

other youth, through community-based programs that focus on academic achievement, cultural awareness, college preparation and leadership development.

"This is one of the most incredible experience of my life," a student said. The students attended the Connecticut Guard's "Young Leaders Program" at its main training facility, Camp Rell, in Niantic.

The two-day motivational program was designed to teach fundamental leadership skills to high school students who have demonstrated leadership abilities in their communities.

Faculty advisors from each school also attended the program and had the opportunity to observe the individual skills and progress of each student.

The curriculum included classroom instruction and exercises in the areas of leadership, decision-making, self assessment, effective communication and management skills taught by members of the Connecticut National Guard.

The highlight of the weekend took place on Friday afternoon when the students applied their leadership and teamwork skills by tackling military "Leadership Reaction Course" located at Stone's Ranch Military Reservation in East Lyme.

The students overcame obstacles by using teamwork and creativity.

The students arrived at Camp Rell on Friday morning and were quickly exposed to the military lifestyle—open bay barracks, "Chow" at army mess halls, rigid daily schedules, and reveille at 5:30 a.m.

Students gathered in Niantic, Connecticut at Camp Rell, for classes in communication, leadership styles, problem solving and management theory taught by military instructors.

Students were placed in groups to complete a Leadership Reaction Course, in which they faced different obstacles with materials given to them by highly qualified leadership reaction course facilitators.

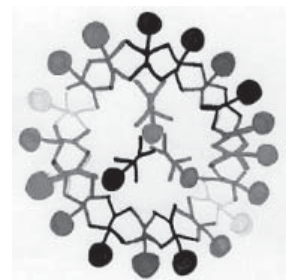
Overall students had a great time, one student said, "Thank you all, for this great experience. Even though I do not have the words to express the fun I had here. I will always have the memories."

The Connecticut National Guard first developed the Young Leaders Program in 1988.

Since that time, more than 530 students from 39 high schools throughout the state have graduated from the program.



Daniel Garcia, a student in the ASPIRA program works under the watchful eye of a Connecticut Guardsman. (Photo by Chief Master Sgt. Tony Palladino, 103rd FW)



Health & Fitness



Medical Notes

FRANK DiNUCCI
RN, COHNS

A wise person once “said an ounce of prevention is worth more than a pound of cure.”

Truer words were never spoken, if we all practice safe health habits it would lead to a decrease in the number of flu outbreaks. The Center for Disease Control and Prevention (CDC) has Valuable information on how treat



and prevent the spread of flu. The web site is WWW.cdc.gov/flu. Following information was taken from the CDC. When you are sick or have flu symptoms, stay home, drink plenty of liquids, get plenty of rest, avoid alcohol and tobacco products and check with a health care provider as needed. Your employer may need a doctor’s note for an excused absence.

Remember: Keeping your distance from



How to help prevent the spread of Flu

others may protect them from getting sick. Trying to be a hero and reporting to work with the flu would create more flu infections because you will spread flu virus to follow employees, ever hear of Typhoid Mary?

Common symptoms of the flu include, fever (usually high), headache, extreme tiredness, cough, sore throat, runny or stuffy nose, muscle aches, and nausea, vomiting, and diarrhea, (diarrhea is much more common among children than adults).

As stated previously the best way to avoid the flu is prevention.

Listed below are some of the simple practices to prevent the flu:

1. Practice good health habits, get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing healthy habits will help you stay healthy during flu season and all year long.

2. Avoid touching your eyes, nose, or mouth. Germs and viruses are often spread when a person touches something that is contaminated and then touches their eyes, nose, or mouth. Germs and viruses can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and

tables.

3. Clean your hands often. When available, wash your hands — with soap and warm water — rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs and viruses. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until your hands are dry. The gel doesn’t need water to work; the alcohol in the gel kills germs.

4. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. Always remember to cover your mouth when you cough.

As everybody is aware of there is a limited supply of flu vaccine, and is being rationed out on the basis of risk factors, you can see them listed on the CDC web site.

If we all practice the information above we will hopefully get through the flu season in a healthy fashion.

Act authorizes, extends, adds medical benefits for Guard, Reserve

KATHLEEN T. RHEM
AMERICAN FORCES PRESS SERVICE

The 2005 National Defense Authorization Act, signed into law Oct. 28, contains new medical benefits for activated reservists and National Guardsmen and extends some other benefits that had been enacted temporarily.

Medical benefits for guardsmen and reservists who are called to active duty change significantly under provisions in this year’s authorization act, Assistant Secretary of Defense for Reserve Affairs Thomas Hall said today.

Recent changes make reserve component members and their families eligible for medical care up to 90 days before a deployment. A major change in the new act provides for considerably extended coverage after deployment as well. Activated reserve-component servicemembers are now eligible for one year of Tricare Standard coverage for each 90 days of active duty service. Members pay 28 percent of the cost for care and agree to stay in the Selected Reserve for their entire period of coverage, Hall said.

“We want to take care of guardsmen and reservists and their families prior to mobilization — which we do for 90 days,” he said. “We want to take care of them while they’re mobilized by extending these benefits, and we want to take care of them for a period of time after they come off of active duty.”

Previously enacted temporary benefits — including 180 days of transitional health care for activated reservists, waiver of Tricare deductibles for those called to active duty for more than 30 days, and payment of up to 115 percent of Tricare maximum allowable charges — became permanent under the new act as well.

The act also addresses medical readiness of reservists and guardsmen. It provides for a review of medical and dental readiness of reservists and guardsmen called to active duty.

“Our medical and dental readiness for guardsmen and reservists has been OK, but it has not been as good as what it needed to be,” Hall said.

One possibility is changing the frequency reserve component members are required to take physical exams. Currently, active and reserve members must get a physical every five years. Hall explained this might not be adequate for reserve component members, who they have much less exposure to military medical professionals than their active counterparts.

Fit for Life: Overall health more than fitness, nutrition

AIRMAN 1ST CLASS CHRISTIE PUTZ
92ND AIR REFUELING WING PUBLIC AFFAIRS
FAIRCHILD AIR FORCE BASE, WASH.

What do a pack of cigarettes and a clenched fist have in common? They are both signs of bigger problems.

The first, a pack of cigarettes, has many detrimental effects on the body. Not only can it cause cancer, but it also increases the chance of emphysema, asthma, bronchitis, pneumonia and many other respiratory diseases.

“Tobacco use is the single most preventable cause of death in the United States,” said Staff Sgt. Arlene Simons, noncommissioned officer in charge of health promotions with the 92nd Aeromedical Dental Squadron here. “And it’s not just smoking; all forms of tobacco use are harmful.”

But besides all the health effects, there is another reason why people should quit, Simons said.

“Children of smokers have a greater chance of developing asthma, frequent colds, bronchitis and ear infections,” Simons said. “But the worst thing is that they can grow up thinking that smoking is acceptable without knowing what it can do to them.”

For those who would like to quit, health

and wellness centers offer smoking cessation classes. Or for those who would like to try to quit on their own, Simons has a few tips to help.

“First you need to start buying cigarettes one pack at a time versus by the carton, and instead of instantly lighting up when you get a craving, wait five minutes,” she said. “Lastly ... keep a diary of when you smoke and what’s happening around you.”

This will help smokers realize which environments create urges and can help control them.

Stress is also something people may need help controlling.

“We all become stressed to some degree,” said Lt. Col. London Richard, 92nd Medical Group behavioral health flight commander. “However we, ourselves, determine the severity of our distress, regardless of the situation or situations contributing to our stress reaction.”

Stress management involves knowing when stress is there, what causes the stress and how to deal with the reactions.

Some physical signs of stress include rapid heartbeat, muscle constriction, increased breathing and perspiration, Richard said.

In the same way that people show different signs of stress, people are affected by

different things.

“It would be impossible to list all the kinds of situations in which we can feel stressed,” he said. “But our thinking for the most part determines what and how much of something we can take before becoming too stressed.”

Some ways of dealing with stress are to take breaks, participate in recreation activities, talk with others who are supportive, maintain a healthy diet and avoid seeking alcohol and/or drugs as a solution, Richard said.

Centers also offer classes that can help people find additional ways to cope with their stress.

“People don’t have to worry about any documentation in their records or any retribution; we’re only here to help,” he said.

So whether it is a tobacco addiction or stress that is breaking someone down, there are resources available to get that person back to fighting shape. All of these things, including fitness and nutrition, add up to a person’s well-being. To properly serve his or her country, every person of the armed services needs to be ready.

It all begins with good health, Richard said.

NGACT: *Working for you*

From Page 22

SBP Update

The FY 2005 National Defense Authorization Act eliminates the Survivor Benefit Plan "Widow's Tax". This was one of NGAUS' legislative priorities and we are pleased the Congress saw fit to correct this inequity.

Under SBP, a retiree pays a premium so that the surviving spouse can collect 55 percent of the retiree's pension after the retiree dies. The 55 percent amount was reduced to 35 percent when the surviving spouse turned 62 and collected Social Security.

Under the new law, the Social Security offset is phased out starting in 2005. Here is the phase out schedule:

—From September 2005 through March 2006 the spouse will receive 40 percent

—From April 2006 through March 2007 the spouse will receive 45 percent

—From April 2007 through March 2008 the spouse will receive 50 percent

—From April 2008 on the spouse will receive 55 percent of the retiree's pension

Many retirees opted not to buy into the SBP because of the Social Security offset. Therefore, the Congress has authorized an "open season" for retirees who may now want to buy into SBP. The open enrollment period begins Oct. 1, 2005 and lasts for one year only. Premiums will be based on a formula that includes the total amount of premiums that would have been paid had the retiree initially enrolled, plus interest, plus Since this is a major change to the Survivor Benefit Plan, each individual is likely to have questions about his or her specific circumstance. According to the SBP expert at HQ Army, DoD has not yet issued any guidance on implementation of the changes and officials anticipate it will be Spring before details are sent out. Members are encouraged to periodically check the Army's webpage at www.Armyg1.army.mil and click on retirement services. Because this is a DoD program, information will be consistent across the services.

I would also like to thank everyone who supported the NGACT Pre-Holiday Benefit Party in November. Through your generosity, we were able to raise \$560 for Operation ELF.

Also, to those who assisted in our co-sponsorship of the ESGR Boss Lift for Connecticut's General Assembly members, thank you.

We have a very busy year coming up and look forward to having all our members assisting us with our various projects. Look for information on our scholarships, membership and annual conference coming soon.

Time for Holiday Shopping at the Camp Rell PX

**This year the Camp Rell PX is sponsoring
the Tree of Giving for CTNG families who
have Soldiers and Airmen deployed.**

**Stop by, pick a tag off the tree, purchase the item listed
and we will get the items to the Family Program.**

Also, seasonal items are now in stock: shovels, rock salt, etc.

**Join us in making this a
Joyous Holiday Season
for everyone.**



ESGR

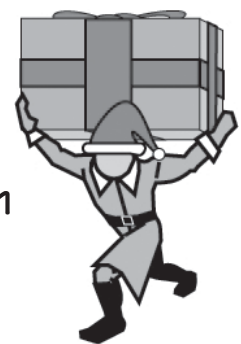
From Page 22

During this upcoming Holiday Season, a time for giving, it is not too much to ask that you GIVE A FEW MINUTES OF YOUR TIME to support your employer. If employers don't receive serious consideration for the sacrifices they are making, the bottom line is that the Guard and Reservists will suffer. Despite what is

going on in the Global War on Terrorism, let's make this a positive, productive time of year.

Everyone at CT-ESGR sends their best wishes to all members of the Guard and Reserve and their families as well as to all active duty military service members and their families for a Happy, Healthy, and Safe Holiday Season!

**Please
Support
Operation
E.L.F.**



Retirees' Voice

SubBase offers annual retirees' seminar: Worth spending the day

SGT. 1ST CLASS (RET.) JOHN BEDNARZ

First I wish to extend happy holidays to all! May the New Year bring you only good health, wealth and happiness.

The President has signed the National Defense Authorization Act for Fiscal Year 2005, and the benefits are now law.

That means a phase out of the SBP "two tier" program by 2008, the full Concurrent Receipt to 100 percent disabled retirees on Jan. 1, 2005, and directives to the establishment of permanent ID cards for dependents over 75 years and older.

There are many more benefits that affect the active National Guard and Reserve.

We must continue pressuring our Congresspersons to keep our veteran's needs in the forefront.

On Saturday, Oct. 16 my wife and I attended the Military Retiree's Seminar at the New London Submarine Base.

The only reason that we knew it was being held that day, was my having seen it advertised on the wall outside the commissary the week before.

Normally they send out postcards to all the retirees in Connecticut, but I was told that they didn't have the money this year. Unfortunately the attendance was greatly reduced, and I didn't see many of the regulars that I've seen in the past.

If you normally attend this seminar, and don't want to forget next year, mark your calendars now.

The Sub Base's retirement seminar is ALWAYS the third Saturday in October.

The program started with a call to order and presentation of the colors by the Antique Veterans Military Honors Detail of Westbrook, the Pledge of Allegiance, the National Anthem and retirement of the colors.

After a nice welcome by Capt. Sean P. Sullivan, Commanding Officer, Subbase we received an update on the Military Treatment Facility in Groton, a talk on the TRICARE Dental Program and Federal Long Term Care.

After a short break, Maj. Gen. Richard Murray, USAF (Ret), President of the National Association of Uniformed Services (NAUS) gave a National Legislative Update.

A Department of Veterans Affairs representative gave a talk, a financial system specialist gave a retired pay update and Naval Legal Services talked about services available to you.

After that, all of the above and many others provided a one on one chance to answer any questions.

I learned that the VA has moved out of their offices in Hartford and is now at the VA hospital in Newington; the Health Net Services for the administration of TRICARE/TRICARE for Life offices are in Cole's Plaza in Groton, just off of I-95; the Naval Ambulatory Care Center (NACC) at the sub base is undergoing a remodeling and will operate through the construction; they have instituted a drive through pharmacy and it will operate from 0800 through 1800 hours

Monday through Friday; they are not planning for any closure due to Base Realignment and Closure (BRAC).

Raymond DuBois, deputy undersecretary of defense installations and environment recently addressed attendees at the Association of the U. S. Army's annual meeting and said that BRAC will support DoD's transformation goals.

A key component of consideration is weighing an installations military value in view of how it contributes to and accommodates joint operations.

Also, merging military research and laboratory facilities can reduce duplication. I don't know how the sub base stands under those criteria, but I guess we can all cross our fingers and hope.



Support Operation E.L.F.

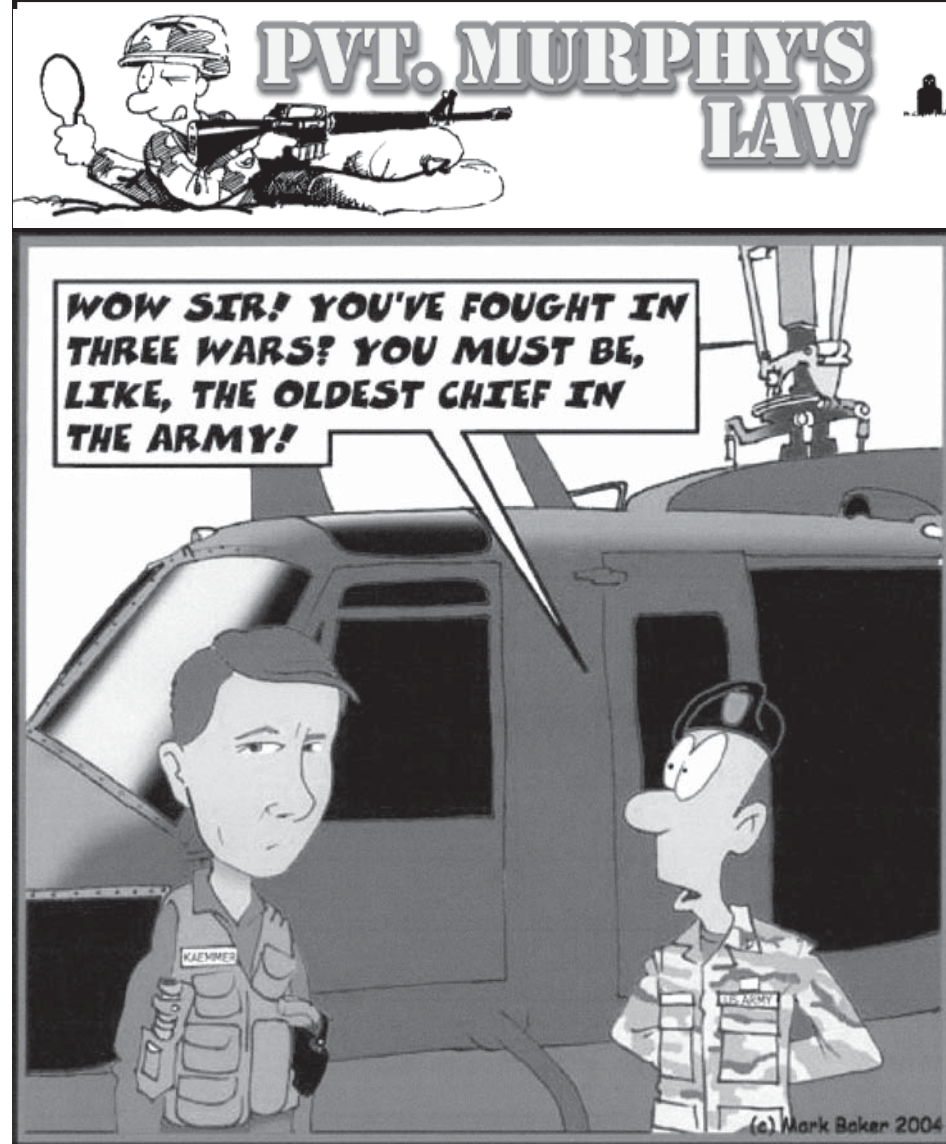
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2nd Louie

By Bob Rosenburgh



**Connecticut National Guard
Fulltime Employment Opportunities**

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Aircraft Mechanic (12)	AASF	WG-12	Dec. 1, 2004
Electronic Meas. Equip Mechanic	CSMS	WG-11	Dec. 2, 2004
Supply Systems Analyst (Excepted)	USPFO	GS-09	Dec. 2, 2004
Supply Systems Analyst (Competitive)	USPFO	GS-09	Dec. 2, 2004
Heavy Mobile Equip Repairer	OMS-2	WG-09	Dec. 2, 2004
Management Assistant	SMMO	GS-07	Dec. 13, 2004
Safety Specialist	AASF	GS-09/11	Dec. 13, 2004
Administrative Officer	CFMO	GS-09/07	Dec. 27, 2004
Flight Engineer (Instructor)	AVCRAD	GS-10	Dec. 30, 2004

Air National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Electronics Mechanic	103rd FW	WG-11	Dec. 2, 2004
Contract Specialist	103rd FW	GS-07/09	Dec. 13, 2004
Airplane Flight Instructor	103rd FW	GS-13	Dec. 27, 2004
Budget Officer	103rd FW	GS-11/12	Dec. 27, 2004

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Production Recruiter	RRC	SFC/E-7	Open AGR Nationwide
ACFT Powerplant Rep (2)	AVCRAD	Up to E-5	Open AGR Nationwide
ACFT PneuDrI Rep	AVCRAD	Up to E-6	Open AGR Nationwide
Training NCO	712th Maint. Co.	E-3 to E-6	Open AGR Nationwide
Unit Supply Sergeant	1048th Truck Co.	E-4 to E-6	Open AGR Nationwide
Unit Supply Sergeant	A Co., 242 ENG	Up to E-6	Open AGR Nationwide
Personnel Services NCO	JFHQ-CT AGR Tour	E-5 to E-7	Open AGR Nationwide

Air National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Check the CTNG Website for updated job postings.			

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

Attention Soldiers, Airmen and Families

The Connecticut Guardian wants your photos!

If you have photos you wish to share with the rest of our Guard family, we would like to publish them in the Guardian.

We are looking for photos of soldiers and airmen who are deployed either relaxing or working.

We are looking for photos of familiy members at home or at play. We are looking for photos of families packing care packages to send to their loved ones.

We will print them in the Guardian as space allows so they can be seen and shared by Connecticut Soldiers, Airmen and families around the world.

Please e-mail your photos to ctguardian@ct.ngb.army.mil

Coming Events

December

December 7

Pearl Harbor Day

December 8

Hanukkah

December 13

National Guard's Birthday

December 19

Maneeley's Family Holiday Party

December 25

Christmas

December 26

Kwanzaa

December 31

New Year's Eve

January

January 1

New Year's Day

January 17

Martin Luther King Jr. Day

January 20

Presidential Inauguration

February

February 11

Black History Month Celebration

February 12

Lincoln's Birthday

February 14

Valentine's Day

February 21

President's Day

February 22

Washington's Birthday

In future issues

Stalking: When dating becomes dangerous

Helmets to Hardhats

Maneeley's Holiday Party

2005 Military Pay Scales

Deadline for submissions is the 15th of the month previous to publication.

Postcards Home



(Photo to left) Master Sgt. Teresa Zastaury and CW2 Brian Erkson of the 118th Medical Battalion get ready for the start of the Thanksgiving Day 5K in Iraq.



Command Sgt. Maj. Joe Aparo and Col. Thomas Stefanko of the 143rd ASG share a smile poolside in Baghdad.



Members of the 118th Medical Battalion show off the hand-painted Thanksgiving T-Shirts sent to them by the 118th Family Support Group.



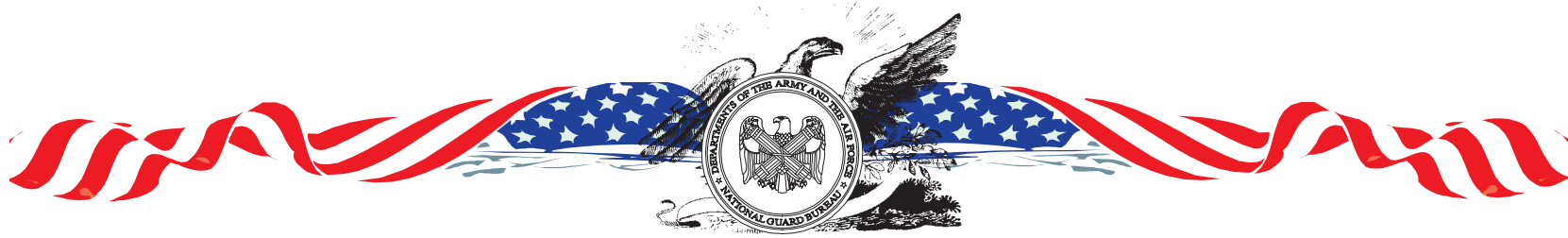
(Photo to left) Lt. Col. Rick Young, "Doc" to his friends and patients, spends some time with local Iraqi children. Doc Young is with the 118th Medical Battalion and is on his second short tour. He serves as head of pediatrics at Yale/New Haven Hospital, and has written about his first tour and the unique medical situations there for local medical journals.



The 143rd Area Support Group of Newington has arrived in Baghdad and poses for a unit photo in front of one of Saddam's former palaces.

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Family Deployment Supplement to the Connecticut Guardian

VOL. 5 NO. 12

HARTFORD, CT

DECEMBER 2004

Spouses receive special pins for contributions to Air Force

**SGT. 1ST CLASS DOUG SAMPLE, USA
AMERICAN FORCES PRESS SERVICE**

Air Force leaders unveiled a new pin at the Pentagon Nov. 8 to recognize the contributions of military spouses.

The pins are part of the Air Force's Your Guardian of Freedom program that aims to create awareness and support for the Air Force mission.

Air Force Undersecretary Peter B. Teets said the Air Force Spouse Pin program is designed to honor and recognize spouses of active-duty, Air National Guard and Air Force Reserve airmen, as well as the spouses of Air Force civilians, "for the sacrifices they are making in supporting the ongoing war on terrorism."

In creating the Spouse Pin, Teets said, officials recognized that "clearly one of the strongest possible support members is the spouse of the airmen."

He noted that when airmen are deployed for several months, "that's the time when that support structure really does kick in, and our spouses play such an important role."

The pins were well received by spouses like Air Force Maj. John Bertha, who now understands clearly how difficult life is for military spouses.

When his wife, Air Force Maj. Valerie Bertha, deployed for three months during Operation Iraq Freedom, he was left to take care their two girls. With hardly a smile, he described his experience as being "very tough."

"We have a one-and-a-half and three and a half year old who are always on the move," he said. "When you are with them, parenting is a full-time job."

Bertha said his situation was only made worse by the fact that he serves full time in the Air Force. He said had it not been for the support he received from Air Force supervisors, family and friends, "I would not have gotten through it."

"The challenge, he said, "was much more than I had anticipated in raising children and trying to maintain the defense of the nation as an active-duty member."

Sandra Forney, wife of Tech. Sgt. Glenn

Forney, also recognizes that being married to a servicemember is difficult.

However, she supported her husband throughout his 26-year career because "he has an important job."

Her husband is with the D.C. Air National Guard and works as a fuels operations supervisor for the 113th Logistics Readiness Squadron, 113th Wing, at Andrews Air Force Base, Md.

Forney said his wife supported him during deployments in support of Operation Northern Watch in Turkey and also while he served in the United Arab Emirates in support of Operation Iron Falcon.

Forney also served in Operation Noble Eagle since 2001, supporting his unit's aircraft flying Combat Air Patrol missions over the Washington, D.C., area.

Holding his wife's hand, he said the Spouse Pin program helps give spouses the recognition they need.

"It's been many years where they (spouses) didn't get any," Forney said. "It's good to see the Department of Defense reaching out to spouses for all that they do."

Sandra said the pin bears special meaning because the Air Force recognizes "all that spouses go through."

The Forneys have been married for 30 years. She said her husband left for boot camp five days after they were married and they spent the first three anniversaries apart. On Nov. 12, the couple will celebrate this anniversary together. "He's taking me away somewhere special," she said.

Sandra, who raised their three children mostly alone, explained that loneliness is the hardest part of the job of being a spouse. "Dealing with everything on your own you never realize how much your spouse does until they are not there to do it," she said.

Meanwhile, Kathleen Westbrook, was so proud to receive today's award that she had

tears in her eyes as her husband attached the special pin on her lapel. She said she is happy to be married to a servicemember and called today's event "a

very big honor and a very proud moment."

"I said that I wasn't going to cry," she said.

With her support, Senior Master Sgt. Paul Westbrook, a reservist with the 459th Air Refueling Wing at Andrews Air Force Base, volunteered for duty at Royal Air Force station Mildenhall, United Kingdom. There, he served as a C-141C loadmaster during Operation Iraqi Freedom.

Like she has done for the past 11 years, Kathleen said she has no regret being married to the military. She said she stands by her husband and the men and women of the armed forces.

"I'm here to support my husband and the rest of the military that are out there protecting our country," she said.

She also pointed out that supporting her husband's career has meant being understanding. "I try to be there for him," she said. Westbrook added that he is thankful she is.

He could never do his job without her, he emphasized. "They (spouses) are part of the Air Force team," he explained. "We could not keep our minds on our jobs without our spouses who are at home taking care of things."

He said he appreciates the fact that his wife is "there for me, that she loves me, and when I get back home, she's there waiting for me."

The Spouses Pin is part of a new three-pronged program by the Air Force that includes two other pins, one that recognizes the parents of airmen, while the other spotlights employers of reserve component members.

Teets said the Air Force created the Employer Pin program to thank employers for their support of Air National Guard and Air Force Reserve airmen.



Air Force Undersecretary Peter B. Teets applauds his wife, Vivian, after presenting her with the new Air Force Spouse Pin during an informal ceremony at the Pentagon Nov. 8. The Air Force created the Spouse Pin program to honor and recognize spouses of active duty, Air National Guard and Air Force Reserve airmen, as well as those of Air Force civilians, for the sacrifices they are making in supporting the war on terrorism. Three other Air Force spouses received pins during the ceremony. (Photo by Sgt. 1st Class Doug Sample, USA)



CATHERINE GALASSO

Passing it on - A mother's wisdom shared

Mom always said, "Treat others with kindness."

Sometimes, for a moment, and most times longer, I stand in front of my mother's framed photograph that sits on the desk in my office. I gaze at it and remember the words she spoke and more importantly her kind actions that reflected her great love for people. The picture was the last photo taken of her, the day before she died. In it she was surrounded by her greatest treasures, her family.

Her life made her know how important kindness is. "Always be nice to everyone," she would tell me, "Treat others with kindness."

I don't think there is anything that God loves more than to see His children help one another. And so we offer our thankfulness to you, the men and woman of our military, for your helping hand to assist us to step up onto a higher mountain and view a more glorious life. There is no better exercise for the heart than bending down to lift up another. We honor you, Soldiers, Airmen, helping those in 'other lands' to spread hope and freedom to strangers around the world.

If someone does something kind for you, I know you pass the kindness along. I read about a lady who had a flat tire. A young man stopped to help her. When she reached into her pocketbook to hand the man \$20 he said, "No, I won't take your money. Just pass the favor onto someone else." Through the years she helped hundreds of others, passing out cards that read, "Pass it on."

By being friendlier, more patient and understanding in speaking kindly to one another, we are being more helpful than we know. Passing out lovely thoughts, words and actions, we are changing lives and putting everlasting joy into our own.

People acquire great wealth and riches and many times find themselves poor in happiness. In this blessed season, let us turn to the Creator of life to learn how to live and reflect on what He did when His own heart of love came down in a robe of flesh and walked among us.

He was the King of all Kings who owned Heaven and Earth yet, God chose to come in humility, born in a stable, the greatest

love the world has ever known, to lift up those who were cast down. Such as the wealthy and despised Matthew the Tax collector, who paid back four times what he had stolen and left the balance of his great riches to follow the source of all happiness.

The Son of God stooped down to pick up the sad, sinful and lonely. One look into the eyes of divine love and they arose with great joy knowing that God loved them still and that His love was so powerful and strong it transformed their lives into something beautiful, clean and full of glory. Through all of history "lives of great men all remind us we can make our lives sublime" by following His example and His footprints in the sands of time.

I love the words to the song, "If I can help somebody as I go along, if I can cheer somebody with a word or song, if I can show somebody traveling wrong then, my living shall not be in vain."

I cherish the words readers have written to let me know that I am helping:

"My mother sent me one of your articles and it helps me through hard times. I am stationed in Afghanistan and I know the Lord is with me but it's a good reminder when I pull your article out of my wallet. Thank you from the bottom of my heart."

"You have provided me a tremendous reinforcement to my beliefs and help me with the daily struggles. I often share your article with my 20-year-old son who is currently in the Air Force and is leaving for his overseas tour in Germany."

"I have found enjoyment and enlightenment in your writings."

We all have been given a gift this day. The gift of choosing to follow in these footsteps that have led us to, "always be nice to everyone," they will one-day lead us upward into eternity.

When I linger in the office in front of my mother's photograph, I wish she were here to see how joyful I am to follow her advice. Then, in less than an instant, somehow, bright with inspiration and hope, I feel she is looking over the banister of heaven...and she knows.

Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at anewyou@snet.net

© Catherine Galasso, 2004

WELCOME HOME COMMEMORATIVE T-SHIRTS HONORING THE 118TH MEDICAL BATTALION HQ COMPANY

The 118th Family Readiness Group invites you to participate in the following fundraiser:

Connecticut's Army National Guard 118th Medical Battalion HQ Company has been serving our Country in Balad, Iraq since February 2004.

To show our support we are selling commemorative T-shirts in the unit's honor. ALL proceeds will be going towards a welcome home celebration/reception to be held shortly after the Soldiers return to Connecticut.

The front of the shirt will bear the unit crest over the left chest along with the words:
"118th Medical Battalion"

The back of the shirt will have an American flag centered along with the words:
"Welcome Home 118th Medical Battalion"

Upon arriving in Connecticut, each Soldier will receive the same shirt with the addition of the words "Operation Iraqi Freedom II Veteran".

We appreciate your support in helping us achieve the funds needed to plan this memorable occasion.

Please detach and mail promptly no later than Jan. 2, 2005 to:

Gail D. Walker, P.O. Box 522, Rocky Hill, CT 06067

Check or Money Order to be made payable to:

"118th Medical Battalion FRG"

Shirts to be distributed on Jan. 29, 2004 at the New Britain Armory, 855 Stanley St., New Britain between the hours of 10 a.m. and 2 p.m. unless other arrangements are made.

Please direct all questions to Gail Walker (860)563-0850.

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Phone # _____
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92ND AIR REFUELING WING PUBLIC AFFAIRS

The holiday season is supposed to be a time of fun, family and good food.

“Holidays should be happy and joyful,” said Capt. Kimberly Newsom, chief of life skills support center at the 92nd Medical Group. “It should be a celebration of time spent with loved ones.”

Unfortunately, with all of the pleasure that the season can bring, it can also be a very difficult time for some.

Several things can make it more stressful: extra financial needs, family disagreements, deployments and dealing with the loss of a loved one.

The easiest way to avoid financial stress is to make a detailed holiday budget and stick to it, Newsom said. It is easy to overspend using credit cards.

“It isn’t until you get the bill in the mail that you realize just how much you spent,” the captain said.

She suggests shoppers leave the credit and debit cards at home and only take the amount of cash they have budgeted to keep from overspending.

Another option is to make gifts.

Homemade gifts can cost a lot less and be a great activity for families to do together, she said.

Sometimes too much family togetherness can become a source of stress as well. Family disagreements can happen at big gatherings.

If a fight starts, the best thing to do is to shift the attention away from the argument and on to something more pleasant, she said.

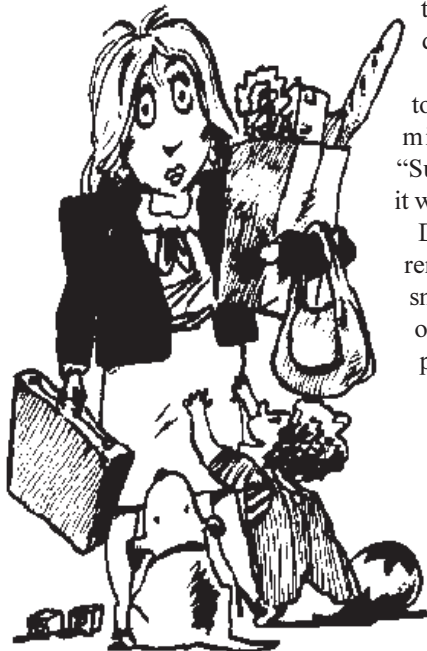
Negativity can be contagious. Do not let an unhappy person suck everyone into his or her crankiness, Newsom said.

But what if it is separation, such deployment, causes the ex stress?

“It’s the support system that carries people through deployments,” Newsom said.

Family members of deployed servicemembers have several avenues to find support. Seek others who are in the same situation, she said, maybe through the family support center or a unit’s key spouse.

“You can include deployed members in your celebrations, even though they are not with you,” Newsom said.



She suggested getting the family together to write letters and gather items to send in a care package.

Sometimes the holidays serve as a reminder of loved ones who have passed away, which can dampen the joy of the season. Newsom said that it can help to talk with others who knew the deceased person.

“Share memories, and don’t try to cover up the fact that you are missing them,” she said. “Suppressing feelings only makes it worse.”

Do something special in remembrance such as holding a small service, observing a moment of silence or placing a wreath at a place of worship, Newsom said.

No matter where the stress stems from, people should not let the craziness of the season get in the way of their own good health, she said.

Staying active is very important and can be especially difficult during the holiday season with all of the extra activities and the colder weather.

Home exercise DVDs and videos are great option for people looking to get in some indoor exercise, Newsom said.

“Continue to take care of yourself,” she said. “Don’t let that go by the wayside.”

Project to rekindle singing of National Anthem

SAMANTHA L. QUIGLEY
AMERICAN FORCES PRESS SERVICE

They may not see much by the dawn’s early light, but apparently well over half of all Americans are completely in the dark when it comes to the words of the national anthem, according to a Harris Interactive Survey of 2,204 Americans.

An ABC news poll also showed that roughly 38 percent of American teens didn’t know the actual name of the nation’s official song. It’s “The Star-Spangled Banner,” if you weren’t sure.

In 1931, President Herbert Hoover signed a bill officially making the poem — written by Francis Scott Key in 1814 and set to music by John Stafford Smith — the United States’ national anthem. But it seems that, for various reasons, America has lost its voice, said John J. Mahlmann, executive director of the National Association for Music Education, which still uses the acronym MENC from a prior name of the organization.

The project is set to launch March 10, in conjunction with the PBS airing of “The 21st World’s Largest Concert.” The WLC, performed by 8 million to 10 million children, will end with “The Star-Spangled Banner.” Mahlmann and his staff are hoping to get servicemembers in Iraq to participate by singing the anthem, he said.

The project is set to culminate in 2007 with a “record-setting” performance of the national anthem in Washington.

Between the project’s launch and its conclusion, a grassroots movement will try to reach students, teachers and communities. The movement is being fostered by partnerships of American organizations that should be concerned about this program, he said. Those organizations include the Defense Department, Disney, the Girl Scouts, the American Legion, A&E and the History Channel.

“We’re looking for a grassroots campaign, first of all. And then we’re looking for activities to take this program on the road to communities throughout the nation, where we can encourage Americans to sing and participate and learn the words,” Mahlmann said. Of course, he said, classroom and music teachers are being encouraged to participate.

One effort to promote the re-endearament of “The Star-Spangled Banner” is already complete. “Liberty For All: A Musical Journey” is a compact disk of patriotic music and American history. Introduced by retired Army Gen. Tommy Franks, the music is performed by “The President’s Own” Marine Corps Band.

Mahlmann said the band was chosen in part because it is the oldest of the service bands, dating back to the 1700s. Proceeds from the sale of the CD will benefit The National Anthem Project and the Marine Corps Scholarship Foundation.

Some claim that the national anthem is not known because it’s difficult to sing. “I think it’s difficult to sing, but on the other hand, that’s why we have music teachers,” Mahlmann said. “And our campaign is going to help Americans overcome that and be able to sing the national anthem, as they should.”

“When America is under crisis, as we were on 9/11, we saw what Congress did immediately: they went on the steps of the Capitol and sang,” he said. Song is a unifying force that encourages appreciation of what people have, he added.

“It’s something that brings our emotions and our values together through song and through spirit and America’s soul,” Mahlmann said. “And so our goal and our mission through that activity of singing seemed to be an appropriate time to focus on our national anthem, which again, because of people not knowing the words, we should encourage.”

Commissary Scholarship Program enters fifth year

BONNIE POWELL
SPECIAL TO AMERICAN FORCES PRESS SERVICE

The fifth year of the Scholarships for Military Children program is under way.

Administered by Fisher House Foundation and funded by manufacturers and industry supporting military commissaries, the program has awarded more than \$3 million through nearly 2,000 scholarships to the sons and daughters of active-duty servicemembers, National Guard and reserve members, and military retirees.

“The Scholarships for Military Children program has become a major community event for commissaries since its inception five years ago,” said Patrick B. Nixon, chief executive officer for the Defense Commissary Agency. “The program awarded 500 scholarships in 2004, and ceremonies were held in commissaries worldwide in honor of these outstanding students. The industry members who support this program should be proud. And we hope the fifth anniversary year will be the best yet.”

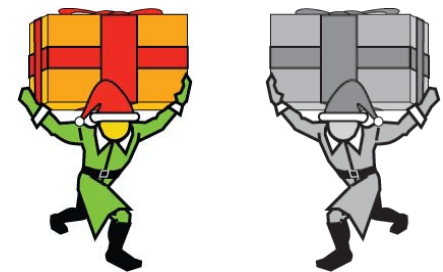
Applications for the 2005 program are available at commissaries or online.

Eligibility requirements and other information are also available at the program Web site. Applications, which must include an essay on how the heightened awareness of terrorism has impacted the student’s life, are due at commissaries Feb. 16. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of active-duty personnel, reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already be attending, an accredited college or university full-time in the fall term of 2005, or enrolled in a program of studies designed to transfer directly into a four-year program.

The scholarship program can also accept public donations online.



Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

Bristol Armory
61 Center Street, Bristol, CT 06010
(860) 582-1206 Toll Free 866-347-2283
Sgt. Michael Bertoli

Waterbury Armory
64 Field Street, Waterbury, CT 06702
(203) 574-2406 Toll Free 866-347-2291
Sgt. Jonathon Duffy & Spec. Tamara Jex

Manchester Armory & AVCRAD
330 Main Street, Manchester, CT 06040
(860) 646-0780 Toll Free 866-347-2286 Capt. Lauri Tinelle

103rd FW, Bradley ANG Base
Bldg 8, East Granby, CT 06026
(860) 292-2730 Mrs. Donna Rivera

Hartford Armory
360 Broad Street, Hartford, CT 06105-3795
1-800-858-2677

Mrs. Kim Hoffman, Mrs. Michelle McCarty, Mrs. Karen Somes, OC Claude
Hibbert and Sgt. Jessica McKenna

Norwich Armory
38 Stott Avenue, Norwich, CT 06360
(860) 823-1342 Ext. 12 Toll Free 866-347-3357
Mrs. Andrea Lathrop

103rd Air Control Squadron
206 Boston Post Road, Orange, CT 06477
(203) 795-2983 Charlie and Jane Solomon

New Britain Armory
855 Stanley Street, New Britain, CT 06053
Sgt. Elizabeth Crouthamel (860) 883-6935

Volunteers are needed in each facility.
Those wishing to help out can contact Mrs. Kim Hoffman, Family
Program Manager at 1-800-858-2677.

Any family member or loved one of a deployed Soldier or Airman who
has questions about benefits or deployment issues may also get answers
to their question at the following email address:
kim.hoffman@ct.ngb.army.mil

ALPHABET OF SHARING

You may have lots of things you'd like to write to your mom or dad about.
Can you think of one thing that begins with each letter of the alphabet?
Write it on the line next to that letter. When you want to send your mom
or dad a note or drawing, you can just pick something from this list!

A _____	L _____	W _____
B _____	M _____	X _____
C _____	N _____	Y _____
D _____	O _____	Z _____
E _____	P _____	
F _____	Q _____	
G _____	R _____	
H _____	S _____	
I _____	T _____	
J _____	U _____	
K _____	V _____	



Kids' Creative Corner

A MONTHLY FEATURE OF
FUN AND EDUCATIONAL
ACTIVITIES